



Golden Chicken Curry & Jasmine Rice

with Zingy Cucumber & Radish

NEW

Grab your Meal Kit with this symbol



Potato



Carrot



Chicken Breast



Curry Powder



Katsu Paste



Coconut Milk



Chicken-Style Stock Powder



Jasmine Rice



Cucumber



Radish



Chicken Breast

Prep in: 20-30 mins
Ready in: 25-35 mins



Calorie Smart*

*Custom recipe is not Calorie Smart



Eat Me Early

A curry is the perfect meal to warm you up when the weather starts to cool down. This one is filled to the brim with hearty veggies, juicy chicken and a coconut katsu sauce. We reckon this beaming bowl will add the spice you never knew you needed to your night!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Sesame Oil, Vinegar (White Wine or Rice Wine)

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
carrot	1	2
chicken breast	1 medium packet	2 medium packets OR 1 large packet
curry powder	1 sachet	2 sachets
katsu paste	1 medium packet	1 large packet
coconut milk	1 medium packet	2 medium packets
chicken-style stock powder	1 medium sachet	1 large sachet
water*	1 cup	2 cups
jasmine rice	1 medium packet	1 large packet
cucumber	1 (medium)	1 (large)
radish	1	2
sesame oil*	1 tsp	2 tsp
vinegar* (white wine or rice wine)	drizzle	drizzle
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2676kJ (640Cal)	391kJ (93Cal)
Protein (g)	50.6g	7.4g
Fat, total (g)	21.8g	3.2g
- saturated (g)	15.5g	2.3g
Carbohydrate (g)	87.1g	12.7g
- sugars (g)	10.1g	1.5g
Sodium (mg)	1184mg	173mg
Dietary Fibre (g)	10.4g	1.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3447kJ (824Cal)	400kJ (96Cal)
Protein (g)	89.5g	10.4g
Fat, total (g)	25g	2.9g
- saturated (g)	16.5g	1.9g
Carbohydrate (g)	88.1g	10.2g
- sugars (g)	10.3g	1.2g
Sodium (mg)	1319mg	153mg
Dietary fibre	10.4g	1.2g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



2024 | CW21



Get prepped

- Boil the kettle. Cut **potato** and **carrot** into bite-size chunks.
- Spread **potato** and **carrot** over a large microwave-safe plate. Cover with a damp paper towel. Microwave on high, **4-5 minutes**.
- Cut **chicken breast** into 2cm chunks. In a medium bowl combine **curry powder** and a drizzle of **olive oil**. Add **chicken**, tossing to coat.

TIP: The veggies will continue cooking in step 2!

Custom Recipe: If you've doubled your chicken breast, flavour in a large bowl and cook in batches for best results.



Make the rice

- Meanwhile, half-fill a medium saucepan with boiling water.
- Add **jasmine rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12-14 minutes**.
- Drain, rinse with warm water and set aside.



Make the curry

- In large frying pan, heat drizzle of **olive oil** over high heat. When oil is hot, cook **chicken**, **potato** and **carrot**, tossing occasionally, until browned and chicken is cooked through, **4-5 minutes**.
- Add **katsu paste**, **coconut milk**, **chicken-style stock powder** and the **water**, and bring to the boil.
- Reduce heat to medium and simmer, stirring occasionally, until veggies are tender, **9-10 minutes**.



Serve up

- Thinly slice **cucumber** and **radish**. In a medium bowl combine cucumber, radish, the **sesame oil** and a drizzle of **vinegar**. Season to taste.
- Divide jasmine rice between bowls and top with golden chicken curry.
- Serve with zingy cucumber and radish salad. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

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