

# One-Pot Indian Coconut Chicken & Veggie Curry

with Baby Leaves & Flatbreads

WINTER WARMERS

KID FRIENDLY

Grab your meal kit with this number

14



Carrot



Celery



Garlic



Chicken Thigh



Mumbai Spice Blend



Mild North Indian Spice Blend



Coconut Milk



Chicken-Style Stock Powder



Baby Leaves



Flatbreads



Chicken Breast



Chicken Thigh

Prep in: 20-30 mins  
Ready in: 30-40 mins

Calorie Smart

Protein Rich

Eat Me Early

Enjoy this sunset in a bowl, the glowing curry is brimming with veggies and chicken. The hint of coconut gives it a touch of sunny flavour and you can soak it all up with fluffy flatbreads, perfect for dipping.

Pantry items

Olive Oil

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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 saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
celery	1 stalk	2 stalks
garlic	2 cloves	4 cloves
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
Mumbai spice blend	1 sachet	2 sachets
mild North Indian spice blend	1 medium sachet	1 large sachet
coconut milk	1 medium packet	2 medium packets
<b>water*</b>	½ cup	1 cup
chicken-style stock powder	1 medium sachet	1 large sachet
baby leaves	1 medium packet	1 large packet
flatbreads	2	4

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2205kJ (527cal)	215kJ (51cal)
Protein (g)	39.1g	3.8g
Fat, total (g)	33.3g	3.2g
- saturated (g)	18.8g	1.8g
Carbohydrate (g)	53.1g	5.2g
- sugars (g)	8.5g	0.8g
Sodium (mg)	3327mg	324mg
Dietary Fibre (g)	7g	0.7g

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

- Cut **carrot** into half-moons.
- Thinly slice **celery**.
- Finely chop **garlic**.
- Cut **chicken thigh** into 2cm chunks.



## Simmer the curry

- Reduce heat to medium-low, then simmer, until veggies are tender and **chicken** is cooked through, **5-8 minutes**.
- When the chicken has **3 minutes** remaining, add **baby leaves** and cook until just wilted.
- Before serving, toast or grill **flatbreads** to your liking, then drizzle with **olive oil**.

**TIP:** Chicken is cooked through when it's no longer pink inside.



## Cook the chicken & veggies

- In a large saucepan, heat a drizzle of **olive oil** over high heat. Cook **chicken**, **carrot**, and **celery** until browned, **3-4 minutes**.
- Add **Mumbai spice blend**, **mild North Indian spice blend** and **garlic**. Cook until fragrant, **1 minute**.
- Add **coconut milk**, the **water** and **chicken-style stock powder**, then bring to the boil.

**Little cooks:** Kids can help by measuring the ingredients.



## Serve up

- Divide Indian coconut chicken and veggie curry between bowls.
- Serve with flatbreads. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

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### CUSTOM OPTIONS



#### SWAP TO CHICKEN BREAST

Follow method above.



#### DOUBLE CHICKEN THIGH

Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

