



# Indian Coconut Chicken & Veggie Curry

with Baby Leaves & Flatbreads

KID FRIENDLY

Grab your meal kit with this number

4



Carrot



Celery



Garlic



Chicken Thigh



Mumbai Spice Blend



Mild North Indian Spice Blend



Coconut Milk



Chicken-Style Stock Powder



Baby Leaves



Flatbreads



Chicken Thigh



Greek-Style Yoghurt

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.
- Meanwhile, 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

2024 | CW40



### CUSTOM OPTIONS



#### DOUBLE CHICKEN THIGH

Follow method above, cooking in batches if necessary.



#### ADD GREEK-STYLE YOGHURT

Dollop on top before serving.

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

