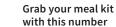


# Indian Coconut Chicken & Veggie Curry

with Baby Leaves & Flatbreads

KID FRIENDLY















Chicken Thigh





Mumbai Spice





Coconut Milk



Chicken-Style Stock Powder





**Baby Leaves** Flatbreads





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

Eat Me Early





**Protein Rich** 

#### 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

9			
	2 People	4 People	
olive oil*	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	
water*	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	

<sup>\*</sup>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 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!



