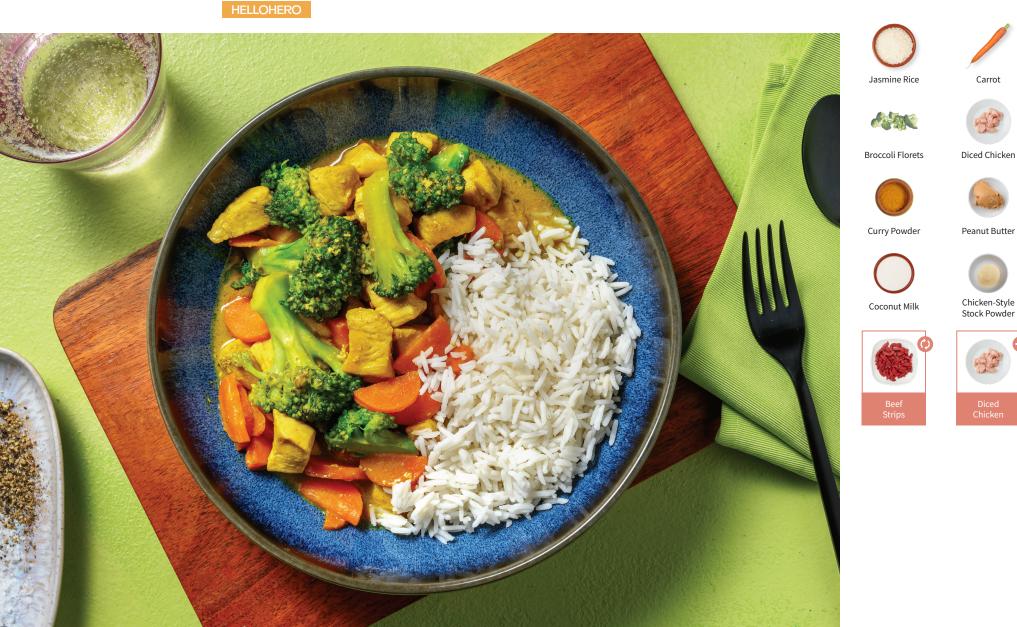


Satay Chicken & Veggie Curry with Rapid Rice & Broccoli



Carrot



Pantry items

Olive Oil, Soy Sauce, Brown Sugar, White Wine Vinegar

Ready in: 25-35 mins Eat Me Early

Prep in: 10-20 mins

1



Carb Smart

A satay chicken curry, it has our hearts fluttering and our mouths watering as the hearty curry aromas sweep the kitchen. On a bed of fluffy rice, we're head over heels for this meal!

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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
jasmine rice	1 medium packet	1 large packet
carrot	1	2
broccoli florets	1 medium packet	1 large packet
diced chicken	1 medium packet	2 medium packets OR 1 large packet
curry powder	1 sachet	2 sachets
peanut butter	1 packet	2 packets
coconut milk	1 medium packet	2 medium packets
chicken-style stock powder	1 medium sachet	1 large sachet
soy sauce*	1 tbs	2 tbs
brown sugar*	1 tbs	2 tbs
water*	1⁄4 cup	½ cup
white wine vinegar*	1 tsp	2 tsp

*Pantry Items

Nutrition

Per Serving	Per 100g
2016kJ (482Cal)	389kJ (93Cal)
43.1g	8.3g
19.4g	3.7g
10.6g	2g
32.4g	6.2g
16.4g	3.2g
1236mg	238mg
4.4g	0.8g
	2016kJ (482Cal) 43.1g 19.4g 10.6g 32.4g 16.4g 1236mg

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.

1

Cook the rapid rice

- Boil the kettle.
- 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.



Cook the veggies

- Meanwhile, slice carrot into half-moons.
- Cut any larger broccoli florets in half.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook broccoli and carrot, tossing, until tender, 6-8 minutes. Transfer to a bowl.



Make the curry

- Return frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **diced chicken**, tossing occasionally, until browned and cooked through, 5-6 minutes.
- Reduce heat to medium, then add curry powder, peanut butter, coconut milk, chicken-style stock powder, the soy sauce, brown sugar and the water. Simmer, stirring, until slightly reduced, 1-2 minutes.
- Remove pan from heat, then return veggies to the pan, with a drizzle of white wine vinegar, stirring to combine. Season to taste.

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



Cook in batches, tossing, until browned and cooked through, 1-2 minutes.

DOUBLE DICED CHICKEN Follow method above, cooking in batches if necessary.

Serve up

• Divide rapid rice between bowls.

• Top with satay chicken and veggie curry to serve. Enjoy!

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





CUSTOM OPTIONS

