



Satay Chicken & Veggie Curry

with Rapid Rice & Broccoli

HELLOHERO

Grab your meal kit with this number

18



Jasmine Rice



Carrot



Broccoli Florets



Diced Chicken



Curry Powder



Peanut Butter



Coconut Milk



Chicken-Style Stock Powder



Beef Strips



Plain Tofu

Prep in: 10-20 mins
Ready in: 25-35 mins

Carb Smart

Eat Me Early

Protein Rich

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!

Pantry items

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

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*	¼ cup	½ cup
white wine vinegar*	1 tsp	2 tsp

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1956kJ (467Cal)	374kJ (89Cal)
Protein (g)	46.8g	8.9g
Fat, total (g)	25.9g	4.9g
- saturated (g)	16.2g	3.1g
Carbohydrate (g)	39.5g	7.5g
- sugars (g)	10.9g	2.1g
Sodium (mg)	1001mg	191mg
Dietary Fibre (g)	9g	1.7g

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://www.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 | CW44



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.

3



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 **water**. Simmer, stirring until slightly reduced, **1-2 minutes**.
- Remove pan from heat, then return **veggies** to the pan with a drizzle of the **white wine vinegar** and stir to combine. Season to taste with **salt** and **pepper**.

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

CUSTOM OPTIONS



SWAP TO BEEF STRIPS

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



ADD PLAIN TOFU

Cut into bite-sized chunks. Cook until browned, 3-4 minutes.

2



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.

4



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.

