



# 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



Diced Chicken



Peeled Prawns

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

Carb Smart

Protein Rich

Eat Me Early

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
<b>olive oil*</b>	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
<b>soy sauce*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	1 tbs	2 tbs
<b>water*</b>	¼ cup	½ cup
<b>white wine vinegar*</b>	1 tsp	2 tsp

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2008kJ (479Cal)	382kJ (91Cal)
Protein (g)	47.2g	9g
Fat, total (g)	27.4g	5.2g
- saturated (g)	16.4g	3.1g
Carbohydrate (g)	39.7g	7.5g
- sugars (g)	10.8g	2.1g
Sodium (mg)	1019mg	194mg
Dietary Fibre (g)	9.2g	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.

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 **white wine vinegar** and stir to combine. Season to taste.

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

### CUSTOM OPTIONS



#### DOUBLE DICED CHICKEN

Follow method above, cooking in batches if necessary.



#### ADD PEELED PRAWNS

Bring curry to a simmer, add prawns and cook until pink and starting to curl up, 3-4 minutes. Add a splash of water if necessary!

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!

## We're here to help!

Scan here if you have any questions or concerns

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

