

# Chicken Korma Curry & Ginger Rice

with Garlic Veggies, Flatbreads & Herbed Yoghurt

Grab your Meal Kit with this symbol



**Recipe Update**  
 The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!



Ginger Paste



Garlic



Broccoli



Onion



Mild Curry Paste



Crushed Roasted Cashews



Boneless Chicken Drumsticks



Basmati Rice



Herbs



Tomato



Coconut Cream



Flatbreads



Mango Chilli Sauce



Greek-Style Yoghurt

Prep in: 30-40 mins  
 Ready in: 35-45 mins

Eat Me Early

There's nothing like mildly-spiced curry made with coconut cream for a warming weeknight meal. Make sure to use the flatbreads and ginger rice to scoop up all that delicious goodness!

**Pantry items**

Olive Oil, Butter

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>butter*</b>	40g	80g
ginger paste	1 packet	1 packet
basmati rice	1 packet	1 packet
<b>water*</b> (for the rice)	1½ cups	3 cups
garlic	3 cloves	6 cloves
herbs	1 bag	1 bag
broccoli	1 head	2 heads
tomato	1	2
onion	1 (medium)	1 (large)
boneless chicken drumsticks	1 packet	1 packet
Greek-style yoghurt	1 medium packet	1 large packet
coconut cream	1 box (200ml)	1 tin (400ml)
<b>water*</b> (for the curry)	½ cup	1 cup
mild curry paste	1 packet	1 packet
flatbreads	2	4
crushed roasted cashews	1 packet	2 packets
mango chilli sauce	1 medium packet	1 large packet

### \*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5738kJ (1371Cal)	679kJ (162Cal)
Protein (g)	54.6g	6.5g
Fat, total (g)	73.3g	8.7g
- saturated (g)	40.9g	4.8g
Carbohydrate (g)	138.8g	16.4g
- sugars (g)	23.7g	2.8g
Sodium (mg)	1193mg	141mg

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.

## We're here to help!

Scan here if you have any questions or concerns

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## Cook the ginger rice

- Preheat oven to **240°C/220°C fan-forced**.
- In a medium saucepan, heat 1/2 the **butter** with a dash of **olive oil** over medium heat. Cook **ginger paste** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water (for the rice)** and a generous pinch of **salt**, stir, and bring to the boil. Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and the water is absorbed, **10 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!

**TIP:** Cover the pan with a lid if the ginger paste starts to spatter!



## Make the curry

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion** and **chicken**, tossing, until browned and cooked through, **5-6 minutes**.
- Add **coconut cream** and **water (for the curry)**. Stir to combine and simmer, **1 minute**.
- Reduce heat to medium, then add **mild curry paste** and cook, stirring, until fragrant, **1-2 minutes**. Season to taste.



## Get prepped

- Meanwhile, finely chop **garlic** and **herbs**. Cut **broccoli** into small florets, then roughly chop the stalk. Roughly chop **tomato**. Thinly slice **onion**. Cut **boneless chicken drumsticks** into 2cm chunks.
- In a small bowl, combine **Greek-style yoghurt**, **herbs** and a pinch of **salt** and **pepper**. Set aside.
- In a small heatproof bowl, microwave the remaining **butter** and 1/2 the **garlic** in **10 second bursts**, until melted. Season with **salt**. Set aside.



## Bake the flatbreads

- While the curry is cooking, spread **garlic butter** over one side of **flatbreads** and place directly on an oven wire rack. Bake until golden, **3-5 minutes**.



## Cook the veggies

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **broccoli** until almost tender, **4-5 minutes**.
- Add **tomato** and cook, stirring, until softened, **2-3 minutes**.
- Add the remaining **garlic** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**. Transfer to a bowl and cover to keep warm.



## Serve up

- Garnish veggies with **crushed roasted cashews**. Bring everything to the table to serve.
- Help yourself to some chicken korma curry, ginger rice, garlic veggies, herbed yoghurt, **mango chilli sauce** and flatbreads. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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