HELLO FRESH

Indian Coconut Chicken & Veggie Curry
with Basmati Rice

Parsnip

Carrot

Basmati Rice

Brown Onion

Garlic

Ginger

Asian Greens

Chicken Breast Strips

Mild North Indian Spice Blend

Tomato Paste

Coconut Milk

Chicken-Style Stock Powder

Coriander

Hands-on: **35-45** mins
Ready in: **35-45** mins

Eat me early

Rich, creamy and aromatic – this mild curry has all the elements that make Indian food so appealing. Packed with flavour, it comes together fast for a mouth-watering meal that the troops will love!

Pantry items
Olive Oil

N4

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

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
parsnip	1	2
carrot	1	2
water* (for the rice)	1½ cups	3 cups
basmati rice	1 packet	1 packet
brown onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
ginger	1 knob	2 knobs
Asian greens	1 packet	1 packet
chicken breast strips	1 packet	1 packet
mild North Indian spice blend	1 sachet	1 sachet
tomato paste	1 packet	2 packets
coconut milk	1 tin (200ml)	1 tin (400ml)
water* (for the curry)	¼ cup	½ cup
chicken-style stock powder	1 sachet	2 sachets
coriander	1 bunch	1 bunch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3504kJ (837Cal)	505kJ (121Cal)
Protein (g)	42.7g	6.2g
Fat, total (g)	32.9g	4.7g
- saturated (g)	20g	2.9g
Carbohydrate (g)	94g	13.6g
- sugars (g)	18.2g	2.6g
Sodium (mg)	2035mg	293mg

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

Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **parsnip** into small chunks. Cut the **carrot** into bite-sized chunks. Place the **veggies** on a lined oven tray and drizzle with **olive oil**. Season with **salt** and **pepper** and toss to coat. Spread out evenly and roast until tender, **25-30 minutes**.

2

Cook the rice

While the veggies are roasting, add the **water (for the rice)** to a medium saucepan and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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

3

Get prepped

While the rice is cooking, finely chop the **brown onion** and **garlic**. Finely grate the **ginger**. Roughly chop the **Asian greens**. Cut the **chicken breast strips** into 2cm chunks.

4

Start the curry

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook the **chicken**, tossing, until browned and cooked through, **4-6 minutes**. Transfer to a plate. Return the frying pan to a medium-high heat with a drizzle of **olive oil** (if needed). Cook the **onion** until softened, **4-5 minutes**. Add the **garlic**, **ginger** and **mild North Indian spice blend**. Cook, stirring, until fragrant, **1 minute**. Add the **tomato paste** and stir to combine. Add the **coconut milk**, **water (for the curry)** and **chicken-style stock powder**. Stir to combine.

5

Finish the curry

Return the **chicken** (plus any resting juices) to the frying pan and simmer until the curry has thickened, **2-3 minutes**. Add the **Asian greens** and roasted **veggies** and stir until the greens have wilted. Season to taste.

6

Serve up

Roughly chop the **coriander**. Divide the basmati rice between bowls and top with the Indian coconut chicken and veggie curry. Garnish with the coriander.

Enjoy!