



# Indian Chicken & Masala Coconut Sauce

with Garlic Brown Rice & Spiced Roast Veggies

Grab your Meal Kit with this symbol



Garlic



Brown Rice



Parsnip



Carrot



Mild North Indian Spice Blend



Mumbai Spice Blend



Masala Curry Paste



Light Coconut Milk



Baby Spinach Leaves



Chicken Breast



Diced Chicken

### 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!

Prep in: 15-25 mins  
Ready in: 40-50 mins

Eat Me Early

Dietitian Approved

Calorie Smart

This delicious Indian-inspired dish might sound complicated, but thanks to our Mumbai spice blend and masala curry paste, it's surprisingly simple. Enjoy!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Brown Sugar

## 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 · Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	3 cloves	6 cloves
brown rice	1 packet	2 packets
<b>water*</b>	3 cups	6 cups
parsnip	1	2
carrot	1	2
mild North Indian spice blend	1 sachet	1 sachet
chicken breast	1 packet	1 packet
Mumbai spice blend	1 sachet	2 sachets
masala curry paste	1 medium packet	1 large packet
light coconut milk	½ box (100ml)	1 box (200ml)
<b>brown sugar*</b>	½ tsp	1 tsp
baby spinach leaves	1 small bag	1 medium bag
diced chicken**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2686kJ (642Cal)	527kJ (126Cal)
Protein (g)	43g	8.4g
Fat, total (g)	21.2g	4.2g
- saturated (g)	9.3g	1.8g
Carbohydrate (g)	66.5g	13g
- sugars (g)	12.7g	2.5g
Sodium (mg)	933mg	183mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2584kJ (618Cal)	517kJ (124Cal)
Protein (g)	44g	8.8g
Fat, total (g)	18g	3.6g
- saturated (g)	8.4g	1.7g
Carbohydrate (g)	66.5g	13.3g
- sugars (g)	12.7g	2.5g
Sodium (mg)	896mg	179mg

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

2022 | CW42



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## Cook the brown rice

- Preheat oven to **240°C/220°C fan-forced**. Finely chop **garlic**.
- In a medium saucepan, add **brown rice** and the **water** and bring to the boil.
- Reduce heat to medium and simmer, uncovered, until rice is soft, **25-30 minutes**. Drain.
- Return saucepan to medium heat with a dash of **olive oil**. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Return **rice** to the saucepan, then add a pinch of **salt** and stir to combine. Remove from heat.

3



## Cook the chicken & curry sauce

- Heat a large frying pan over high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**. Transfer to a plate and cover to keep warm.
- Wipe out frying pan and return to low heat with a drizzle of **olive oil**. Cook **masala curry paste** and remaining **garlic** until fragrant, **1-2 minutes**.
- Add **light coconut milk** (see ingredients) and the **brown sugar** and stir to combine. Simmer until slightly reduced, **1-2 minutes**. Season to taste.

**Custom Recipe:** Cook chicken in the same way as above.

2



## Roast the veggies

- Meanwhile. Cut **parsnip** and **carrot** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Sprinkle over **mild North Indian spice blend**, drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.
- Meanwhile cut **chicken breast** into 2cm chunks.
- In a medium bowl, combine **Mumbai spice blend**, **chicken**, a pinch of **salt** and a drizzle of **olive oil**.

**Custom Recipe:** If you've swapped to diced chicken, combine chicken in a medium bowl with the spice blend in the same way as above.

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## Serve up

- When the veggies are done, add **baby spinach leaves** and toss until slightly wilted.
- Divide garlic brown rice between bowls.
- Top with Indian chicken and spiced roast veggies.
- Spoon over masala coconut sauce to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)