

Miso & Coconut Chicken Curry

with Jasmine Rice & Crispy Shallots

Grab your Meal Kit with this symbol



Jasmine Rice



Carrot



Broccoli



Asian Greens



Ginger



Garlic



Chicken Thigh



Coconut Milk



Miso Paste



Long Green Chilli (Optional)



Crispy Shallots

Hands-on: 25-35 mins
Ready in: 30-40 mins

Eat me early

Spicy (optional long green chilli)

With tender chicken, colourful veggies and an infusion of ginger and garlic, this coconut sauce is mild enough for picky eaters but has a deep flavour that will still keep the grown-ups satisfied.

Pantry items

Olive Oil, Sugar, Rice Wine Vinegar

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
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
carrot	1	2
broccolini	1 bunch	1 bunch
Asian greens	1 packet	1 packet
ginger	1 knob	2 knobs
garlic	2 cloves	4 cloves
chicken thigh	1 packet	1 packet
coconut milk	1 tin (200ml)	1 tin (400ml)
miso paste	1 packet (40g)	2 packets (80g)
sugar*	½ tbs	1 tbs
rice wine vinegar*	1 tsp	2 tsp
long green chilli (optional)	½	1
crispy shallots	1 packet	1 packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3354kJ (801Cal)	536kJ (128Cal)
Protein (g)	42.8g	6.8g
Fat, total (g)	29.2g	4.7g
- saturated (g)	20.6g	3.3g
Carbohydrate (g)	89.3g	14.3g
- sugars (g)	12.6g	2g
Sodium (mg)	982mg	157mg

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.



Cook the rice

In a medium saucepan, add the **water** and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

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



Get prepped

While the rice is cooking, thinly slice the **carrot** (unpeeled) into half-moons. Trim and cut the **broccolini** into 2cm pieces. Roughly chop the **Asian greens**. Finely grate the **ginger** and **garlic**. Cut the **chicken thigh** into 2cm pieces.



Brown the chicken

In a large frying pan, heat a drizzle of **olive oil** over a high heat. When the oil is hot, cook the **chicken**, in batches, tossing, until browned, **3-4 minutes**. Season with **salt** and **pepper** and transfer to a plate.



Make the curry

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **carrot** and **broccolini** and cook until just softened, **3-4 minutes**. Add the **ginger** and **garlic** and cook until fragrant, **1 minute**. Reduce the heat to medium, then add the **coconut milk**, **miso paste**, **sugar** and **rice wine vinegar** and stir to combine. Add the **Asian greens**, then return the **chicken** to the pan (plus any resting juices). Stir to combine, then bring to a simmer and cook until the veggies are tender, **2-3 minutes**. Season to taste.



Prep the chilli

While the curry is simmering, thinly slice the **long green chilli** (if using).



Serve up

Divide the jasmine rice between bowls. Top with the miso and coconut chicken curry and sprinkle with the chilli (if using) and **crispy shallots**.

Enjoy!