

Quick Sri Lankan Chicken Masala

with Garlic Rice & Roasted Cashews

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Carrot



Tomato



Chicken Thigh



Tomato Paste



Sri Lankan Spice Blend



Coconut Milk



Chicken-Style Stock Powder



Salad Leaves



Fresh Chilli (Optional)



Herbs



Crushed Roasted Cashews

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!



Hands-on: **20-30 mins**
Ready in: **25-35 mins**



Eat Me Early



Spicy (optional fresh chilli)

Ready to make restaurant-worthy chicken masala in your own kitchen in just about 25 minutes? It's as easy as: 1. Brown your chicken. 2. Simmer it in a creamy sauce laced with aromatic Sri Lankan spices and umami-packed tomato paste. 3. Spoon it all over buttery garlic rice with fresh herbs and crunchy cashews. Oh, and how could we forget 4. Dig the heck in!

Pantry items

Olive Oil, Butter, Honey

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
garlic	4 cloves	8 cloves
butter*	20g	40g
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
carrot	1	2
tomato	1	2
chicken thigh	1 packet	1 packet
tomato paste	½ packet	1 packet
Sri Lankan spice blend	1 sachet	1 sachet
coconut milk	1 box (200ml)	1 tin (400ml)
chicken-style stock powder	1 sachet (10g)	2 sachets (20g)
honey*	2 tsp	1 tbs
salad leaves	1 small bag	1 medium bag
fresh chilli (optional)	½	1
herbs	1 bag	1 bag
crushed roasted cashews	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3871kJ (925Cal)	692kJ (165Cal)
Protein (g)	41.6g	7.4g
Fat, total (g)	45.7g	8.2g
- saturated (g)	26.4g	4.7g
Carbohydrate (g)	85.2g	15.2g
- sugars (g)	14.1g	2.5g
Sodium (mg)	1536mg	275mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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1



Cook the garlic rice

- Finely chop **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water** and a pinch of **salt**, stir, then 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 water is absorbed, **10 minutes**.

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

3



Make the curry

- Reduce the heat to medium-high, then add a drizzle of **olive oil**, the **carrot**, **tomato**, **tomato paste** (see ingredients), **Sri Lankan spice blend** and remaining **garlic** and cook until fragrant, **1 minute**.
- Add **coconut milk**, **chicken-style stock powder**, the **honey** and a splash of **water**. Simmer until the sauce has thickened slightly, **3-4 minutes**.
- Stir in **salad leaves** until just wilted, **1 minute**. Season to taste.

Little cooks: Kids can help out with measuring the honey.

2



Cook the chicken

- While the rice is cooking, thinly slice **carrot** into half-moons. Roughly chop **tomato**. Cut **chicken thigh** into 2cm chunks.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**.

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

4



Serve up

- Slice **fresh chilli** (if using). Tear **herb** leaves.
- Divide garlic rice between bowls. Top with Sri Lankan chicken masala.
- Garnish with herbs, **crushed roasted cashews** and chilli to serve.

Little cooks: Kids can add the finishing touch by sprinkling over the herb and cashew garnish!

Enjoy!