



Sri Lankan Chicken & Veggie Curry

with Basmati Rice & Toasted Coconut

Grab your Meal Kit with this symbol



Keep an eye out...
Due to sourcing challenges over the Christmas period, some of the fresh ingredients you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!



Kumara



Carrot



Basmati Rice



Ginger



Garlic



Brown Onion



Chicken Breast



Shredded Coconut



Tomato Paste



Sri Lankan Spice Blend



Coconut Milk



Chicken-Style Stock Powder



Salad Leaves



Long Green Chilli (Optional)



Chicken Breast

- Hands-on: 25-35 mins
- Ready in: 35-45 mins
- Spicy (optional long green chilli)

Eat Me Early

This colourful curry has everything you never knew you needed - with tender chicken breast mixed with flavourful spices, creamy coconut and veggies, it's the ultimate in Sri Lankan-style cuisine.

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

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
kumara	1 (medium)	1 (large)
carrot	1	2
water* (for the rice)	1½ cups	3 cups
basmati rice	1 packet	1 packet
ginger	1 knob	2 knobs
garlic	2 cloves	4 cloves
brown onion	1 (medium)	1 (large)
chicken breast	1 packet	1 packet
shredded coconut	½ packet	1 packet
tomato paste	1 packet	2 packets
brown sugar*	½ tsp	1 tsp
Sri Lankan spice blend	1 sachet	1 sachet
coconut milk	1 tin (165ml)	1 tin (400ml)
water* (for the curry)	⅓ cup	½ cup
chicken-style stock powder	1 sachet (10g)	2 sachets (20g)
salad leaves	1 bag (30g)	1 bag (60g)
long green chilli (optional)	½	1
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3622kJ (866Cal)	568kJ (136Cal)
Protein (g)	44.8g	7g
Fat, total (g)	29.7g	4.7g
- saturated (g)	16g	2.5g
Carbohydrate (g)	98.3g	15.4g
- sugars (g)	16.9g	2.6g
Sodium (mg)	1579mg	247mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4382kJ (1047Cal)	549kJ (131Cal)
Protein (g)	77.2g	9.7g
Fat, total (g)	35.4g	4.4g
- saturated (g)	17.7g	2.2g
Carbohydrate (g)	98.3g	12.3g
- sugars (g)	16.9g	2.1g
Sodium (mg)	1677mg	210mg

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://www.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](https://www.hellofresh.co.nz/contact)

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Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Peel the **kumara** and cut into bite-sized chunks. Cut the **carrot** into small chunks. Place the **kumara** and **carrot** on a lined oven tray. Drizzle generously with **olive oil**, season with **salt** and **pepper** and toss to coat. Spread out evenly, then add a dash of **water** to the tray and roast until tender, **20-25 minutes**.

TIP: Leave the kumara unpeeled if you prefer!



Start the curry

Return the frying pan to a high heat with a drizzle of **olive oil**. Cook the **chicken**, tossing, until browned and cooked through, **5-6 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 **tomato paste**, **brown sugar**, **ginger**, **garlic** and **Sri Lankan spice blend** and cook until fragrant, **1-2 minutes**.

CUSTOM RECIPE

If you've ordered double the chicken, cook in batches for best results!



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!



Finish the curry

Reduce the heat to medium, then add the **coconut milk**, **water (for the curry)** and **chicken-style stock powder** and simmer until reduced slightly, **3 minutes**. Remove from the heat, then return the **chicken** to the pan and stir through the **salad leaves** until wilted, **1 minute**. Add a generous splash of **water** (if needed) and gently stir through the **roasted veggies**. Season to taste.



Get prepped

While the rice is cooking, finely grate the **ginger** and **garlic**. Roughly chop the **brown onion**. Cut the **chicken breast** into 2cm chunks. Heat a large frying pan over a medium-high heat. Toast the **shredded coconut** (see ingredients), tossing, until golden, **3-4 minutes**. Transfer to a plate.



Serve up

Thinly slice the **long green chilli** (if using). Divide the basmati rice between bowls. Top with the Sri Lankan chicken and veggie curry. Garnish with the toasted coconut and chilli to serve.

Enjoy!