



Sri Lankan Chicken Curry

with Broccoli & Basmati Rice

Grab your Meal Kit with this symbol



Basmati Rice



Brown Onion



Broccoli



Garlic



Ginger



Carrot



Coriander



Asian Greens



Chicken Thigh



Sri Lankan Spice Blend



Tomato Paste



Coconut Cream



Chicken Stock

Hands-on: 20-30 mins
 Ready in: 30-40 mins

Eat me early

This creamy coconut chicken curry will add the spice you never knew you needed to your night. It's filled to the brim with bright veggies and finished with a sprinkling of flair from the coriander.

Pantry items
Olive Oil, 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 with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water* (for the rice)	1½ cups	3 cups
basmati rice	1 packet	2 packets
brown onion	1 (medium)	1 (large)
broccoli	1 bunch	1 bunch
garlic	2 cloves	4 cloves
ginger	1 knob	2 knobs
carrot	1	2
coriander	1 bunch	1 bunch
Asian greens	1 packet	1 packet
chicken thigh	1 packet	1 packet
Sri Lankan spice blend	1 sachet	2 sachets
tomato paste	1 packet	2 packets
water* (for the curry)	¼ cup	½ cup
coconut cream	1 tin (200ml)	1 tin (400ml)
sugar*	1 tsp	2 tsp
chicken stock	1 sachet	1 sachet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3740kJ (895Cal)	623kJ (149Cal)
Protein (g)	45.1g	7.5g
Fat, total (g)	39.1g	6.5g
- saturated (g)	29.0g	4.8g
Carbohydrate (g)	85.5g	14.2g
- sugars (g)	17.2g	2.9g
Sodium (mg)	412mg	69mg

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. Cook the rice

In a medium saucepan, add the **water (for the rice)** 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!



2. Get prepped

While the rice is cooking, finely chop the **brown onion**. Trim and cut the **broccoli** into 2cm pieces. Finely grate the **garlic** (or use a garlic press) and **ginger**. Thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **coriander**. Roughly chop the **Asian greens**. Cut the **chicken thigh** into 2cm chunks.



3. Cook the chicken

In a large frying pan, heat a **drizzle of olive oil** over a high heat. Add the **chicken** and cook, tossing, until browned and cooked through, **5-6 minutes**. Transfer to a plate.

TIP: The chicken is cooked when it's no longer pink inside.



4. Start the curry

Return the frying pan to a medium-high heat with a **drizzle of olive oil** if needed. Add the **onion** and **carrot** and cook until softened, **4-5 minutes**. Add the **garlic, ginger, Sri Lankan spice blend** and **tomato paste**. Cook, stirring, until fragrant, **1-2 minutes**.



5. Finish the curry

Add the **water (for the curry)**, **coconut cream**, **broccoli**, the **sugar, chicken stock** and a **generous pinch of salt** to the frying pan. Stir to combine and bring to the boil. Reduce the heat to medium and simmer until the curry has thickened and the veggies are tender, **6-7 minutes**. Return the **chicken** (plus any resting juices) to the pan. Add the **Asian greens** and stir until wilted. Season to taste with **salt** and **pepper**.

TIP: Add a splash of water if the curry is too thick!



6. Serve up

Divide the basmati rice between bowls and top with the Sri Lankan chicken curry. Garnish with the coriander.

Enjoy!