



# Sri Lankan Chicken Curry

with Baby Broccoli & Basmati Rice

Grab your Meal Kit with this symbol



Basmati Rice



Brown Onion



Baby Broccoli



Garlic



Ginger



Carrot



Asian Greens



Chicken Breast



Sri Lankan Spice Blend



Tomato Paste



Coconut Cream



Chicken-Style Stock Powder



Coriander



Chicken Breast

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

Eat Me Early

This flavour-packed chicken curry ticks all the boxes. Cooked in creamy coconut milk? Tick. Packed with aromatic flavours? Tick. Served with fluffy basmati rice? Tick. It's going to be your favourite recipe yet.



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

### 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	1 packet
brown onion	1 (medium)	1 (large)
baby broccoli	1 bag	1 bag
garlic	2 cloves	4 cloves
ginger	1 knob	2 knobs
carrot	1	2
Asian greens	1 head	2 heads
chicken breast	1 packet	1 packet
Sri Lankan spice blend	1 sachet	1 sachet
tomato paste	1 packet	2 packets
water* (for the curry)	¼ cup	½ cup
coconut cream	1 box (200ml)	1 box (400ml)
sugar*	1 tsp	2 tsp
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
coriander	1 bag	1 bag
chicken breast**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3635kJ (869Cal)	536kJ (128Cal)
Protein (g)	46g	6.8g
Fat, total (g)	36.9g	5.4g
- saturated (g)	26g	3.8g
Carbohydrate (g)	84.9g	12.5g
- sugars (g)	14.2g	2.1g
Sodium (mg)	1088mg	160mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4394kJ (1050Cal)	524kJ (125Cal)
Protein (g)	78.5g	9.4g
Fat, total (g)	42.6g	5.1g
- saturated (g)	27.7g	3.3g
Carbohydrate (g)	84.9g	10.1g
- sugars (g)	14.2g	1.7g
Sodium (mg)	1186mg	142mg

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.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

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## 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!



## Start the curry

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



## Get prepped

While the rice is cooking, finely chop the **brown onion**. Trim and cut the **baby broccoli** into bite-sized pieces. Finely chop the **garlic** and **ginger**. Thinly slice the **carrot** into half-moons. Roughly chop the **Asian greens**. Cut the **chicken breast** into 2cm chunks.



## Finish the curry

Add the **water (for the curry)**, **coconut cream**, **baby broccoli**, the **sugar** and **chicken-style stock powder**, then season with **salt**. 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.

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



## Cook the chicken

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

### CUSTOM RECIPE

If you've doubled your chicken breast, cook the chicken in batches for the best results.



## Serve up

Roughly chop the **coriander**. Divide the basmati rice between bowls and top with the Sri Lankan chicken curry. Garnish with the coriander to serve.

## Enjoy!