



Sri Lankan Chicken Curry

with Baby Broccoli & Basmati Rice

Grab your Meal Kit with this symbol



Basmati Rice



Onion



Baby Broccoli



Garlic



Carrot



Asian Greens



Chicken Thigh



Ginger Paste



Sri Lankan Spice Blend



Tomato Paste



Coconut Cream



Chicken-Style Stock Powder

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!

6 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.

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
onion	1 (medium)	1 (large)
baby broccoli	1 bag	1 bag
garlic	2 cloves	4 cloves
carrot	1	2
Asian greens	1 bag	2 bags
chicken thigh	1 packet	1 packet
ginger paste	1 medium packet	1 large 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 tin (400ml)
sugar*	1 tsp	2 tsp
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3638kJ (870Cal)	539kJ (129Cal)
Protein (g)	45.9g	6.8g
Fat, total (g)	36.9g	5.5g
- saturated (g)	26g	3.8g
Carbohydrate (g)	85.3g	12.6g
- sugars (g)	14.2g	2.1g
Sodium (mg)	1176mg	174mg

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.



Cook the rice

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

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



Get prepped

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



Cook the chicken

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



Start the curry

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



Finish the curry

Add **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 heat to medium and simmer until curry has thickened and veggies are tender, **6-7 minutes**. Return **chicken** (plus any resting juices) to the pan. Add **Asian greens** and stir until wilted, **1-2 minutes**. Season to taste.

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



Serve up

Divide basmati rice between bowls. Top with Sri Lankan chicken curry to serve.

Enjoy!