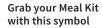
Sri Lankan Chicken Curry

with Baby Broccoli & Basmati Rice















Baby Broccoli





Asian Greens

Carrot



Chicken Thigh



Ginger Paste



Sri Lankan



Spice Blend



Coconut Cream



Chicken-Style Stock Powder

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

mgreaterie	9	
	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)	1/4 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)
*0		

^{*}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!