



Everything But The Chef

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## Chicken & Mango Curry

You know those dinners where you just can't get enough and don't want to share? Yeah, this is one of those. Creamy coconut milk paired with ginger and a mildly-spiced curry blend is good enough to drink. Just add chicken along with the star of the dish; a sweet, ripe mango and before your eyes, you'll have made the perfect summery curry for a bed of perfectly cooked rice- gosh you're clever!

- Prep:** 10 mins
- Cook:** 30 mins
- Total:** 40 mins
- level 1**
- lactose free**
- gluten free**
- eat me first**
- spicy**

### Pantry Items

- Water
- Olive Oil



Brown Rice



Chicken Breast Strips



Red Onion



Ginger



Birdseye Chilli



Mild Curry Powder



Mango



Coconut Milk



Coriander

2P	4P	Ingredients
2/3 cup	1 1/3 cup	brown rice
1 1/2 cups	3 cups	water *
2 tsp	1 tbs	olive oil *
320 g	640 g	chicken breast strips
1/2	1	red onion, sliced
1 knob	2 knobs	ginger, peeled & finely grated
1	2	birdseye chilli, deseeded & finely chopped
1 tbs	2 tbs	mild curry powder
1/2 cup	1 cup	warm water *
1	2	mango, peeled & flesh chopped
1 cup	2 cups	coconut milk, plus extra to drizzle
1 bunch	2 bunches	coriander, leaves picked

⊕ May feature in another recipe

\* Pantry Items

#### Nutrition per serving

Energy	3470	Kj
Protein	48.2	g
Fat, total	33.5	g
-saturated	18.1	g
Carbohydrate	75.3	g
-sugars	18.1	g
Sodium	257	mg

#### Measuretool

0 cm	1 cm	2 cm



**You will need:** *chef's knife, chopping board, grater, sieve, medium pot with a lid, medium frying pan, and a wooden spoon.*

**1** Place the **brown rice** into a sieve and rinse it with cold tap water until the water runs clear. Place the rice and **water** in a medium pot and bring to the boil over a high heat. Cover with a lid and reduce the heat to medium. Simmer for **25-30 minutes** or until the rice is soft and the water has absorbed.

**2** Heat the **olive oil** in a medium frying pan over a medium-high heat. Season the **chicken breast strips** with **salt** and **pepper** and then cook for about **2-3 minutes** or until browned (it doesn't need to be cooked through at this stage, we'll be adding it back to the pan later). Remove the chicken from the pan and set aside.

**3** Add the **red onion** to the same frying pan over the same heat and cook, stirring, for **3 minutes** or until soft. Add the **ginger, chilli** and **mild curry powder** and cook, stirring, for **1 minute** or until fragrant. Add 2 tablespoons of the **warm water** to lift the curry powder from the base of the pan, then add the **mango, chicken, coconut milk** and the warm water. Stir to combine well. Reduce the heat to medium-low and simmer for **15-20 minutes**, or until the chicken is cooked through and the sauce has thickened.

**4** To serve, divide the brown rice and sweet chicken curry between bowls. Drizzle with some extra coconut milk and a handful of the **coriander leaves**.



**Did you know?** Mangoes are Australia's most popular seasonal fruit!