



Easy Japanese Chicken & Veggie Curry

with Rice & Everything Garnish

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Jasmine Rice



Corn Kernels



Chicken Breast



Broccoli & Carrot Mix



Sweet Soy Seasoning



Katsu Paste



Coconut Milk



Everything Garnish



Chicken Breast

Prep in: **5-15** mins
Ready in: **25-35** mins

Eat Me Early

This rich, golden curry with succulent chicken and a rainbow of veggies comes together in four surprising simple steps. Soak up the creamy, sweet sauce with some fluffy rice for a dinner that's sure to satisfy!

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

Pantry items

Olive Oil, Brown Sugar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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*	1½ cups	3 cups
jasmine rice	1 medium packet	1 large packet
corn kernels	1 small tin	2 small tins
chicken breast	1 small packet	2 small packets OR 1 large packet
broccoli & carrot mix	1 medium bag	1 large bag
sweet soy seasoning	1 sachet	2 sachets
katsu paste	1 medium packet	2 medium packets
brown sugar*	1 tsp	2 tsp
coconut milk	1 packet	2 packets
everything garnish	1 packet	2 packets
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3200kJ (765Cal)	634kJ (152Cal)
Protein (g)	46.3g	9.2g
Fat, total (g)	27.3g	5.4g
- saturated (g)	16.9g	3.3g
Carbohydrate (g)	79.8g	15.8g
- sugars (g)	11.4g	2.3g
Sodium (mg)	1907mg	378mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3886kJ (929Cal)	580kJ (139Cal)
Protein (g)	85.8g	12.8g
Fat, total (g)	27.6g	4.1g
- saturated (g)	17.1g	2.6g
Carbohydrate (g)	79.9g	11.9g
- sugars (g)	11.4g	1.7g
Sodium (mg)	1964mg	293mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Cook the rice

- Add the **water** to a medium saucepan and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove pan from the heat and keep covered until rice is tender and all the water is absorbed, **12 minutes**.

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

3



Finish the curry

- Reduce heat to medium, add **sweet soy seasoning**, and cook, until fragrant, **1 minute**.
- Stir in **katsu paste**, the **brown sugar** and **coconut milk**, cook until slightly reduced, **2 minutes**.

2



Start the curry

- Meanwhile, drain **corn kernels**. Cut **chicken breast** into 2cm chunks.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **chicken, broccoli & carrot mix** and **corn**, tossing, until browned and softened, **5-6 minutes**.

TIP: Chicken is cooked through when it is no longer pink in the middle.

Custom Recipe: If you've doubled your chicken breast, prepare chicken as above. Cook in batches for best results.

4



Serve up

- Divide rice between bowls. Top with Japanese chicken and veggie curry.
- Sprinkle with **everything garnish** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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