



Katsu Chicken & Easy Prep Veggie Curry

with Basmati Rice

KID FRIENDLY

Grab your meal kit with this number

19



White Rice



Chicken Breast



Broccoli & Carrot Mix



Trimmed Green Beans



Sweet Soy Seasoning



Katsu Paste



Coconut Milk



Chicken Breast



Beef Strips

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



Protein Rich



Eat Me First

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!

Pantry items

Olive Oil, Brown Sugar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
white rice	1 medium packet	1 large packet
water*	1¼ cups	2½ cups
chicken breast	1 medium packet	2 medium packets OR 1 large packet
broccoli & carrot mix	1 medium packet	1 large packet
trimmed green beans	1 medium packet	1 large packet
sweet soy seasoning	1 sachet	2 sachets
katsu paste	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
coconut milk	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2882kJ (689cal)	277kJ (66cal)
Protein (g)	46.9g	4.5g
Fat, total (g)	21.2g	2g
- saturated (g)	16.3g	1.6g
Carbohydrate (g)	75.1g	7.2g
- sugars (g)	10.5g	1g
Sodium (mg)	1505mg	144.4mg
Dietary Fibre (g)	11.6g	1.1g

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

- Rinse and drain **white rice**.
- Add the **water** to a medium saucepan and bring to the boil.
- Add **white 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 all the water is absorbed, **10 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**, then cook until fragrant, **1 minute**.
- Stir in **katsu paste**, the **brown sugar** and **coconut milk**, then cook until slightly reduced, **2 minutes**.

2



Start the curry

- Meanwhile, 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 **trimmed green beans**, tossing, until browned and softened, **5-6 minutes**.

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

4



Serve up

- Divide white rice between bowls.
- Top with Katsu chicken and veggie curry to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW45



CUSTOM OPTIONS



DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



SWAP TO BEEF STRIPS

Cook in batches, tossing, until browned and cooked through, 1-2 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

