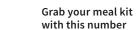


# Katsu Chicken & Easy Prep Veggie Curry

with Basmati Rice

KID FRIENDLY













Trimmed Green



Sweet Soy



Katsu Paste

Seasoning



Coconut Milk



**Pantry items** 





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

Eat Me First





### 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

<sup>\*</sup>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.



#### 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!



## 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.



# 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**.



## Serve up

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



