

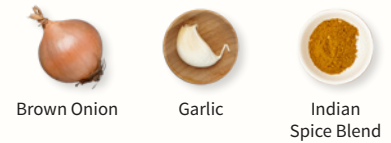


GOLDEN COCONUT CHICKEN CURRY

with Tomato & Zucchini



Add flavour to a curry with spice mixes



Brown Onion

Garlic

Indian Spice Blend



Ginger

Free-Range Chicken Thigh

Mild North Indian Spice Blend



Tomato

Zucchini

Jasmine Rice

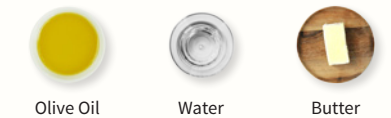


Asian Greens

Diced Tomatoes

Coconut Milk

Pantry Staples



Olive Oil

Water

Butter



Salt

Hands-on: **25 mins**
Ready in: **40 mins**
Eat me early

This curry is like a golden sunset, and we reckon it'll cheer you up just as much. Who needs riches when you have this silky rich coconut milk instead?

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife**, **chopping board**, **fine grater**, **sieve**, **medium saucepan** with a **lid**, **large frying pan**, **bowl** and a **wooden spoon**.



1 GET PREPPED

Finely chop the **brown onion**. Peel and finely grate the **garlic**. Finely grate the **ginger**. Chop the **free-range chicken thigh** into 2 cm chunks. Chop the **tomato** into 2 cm chunks. Chop the **zucchini** into 2 cm chunks. Roughly chop the **Asian greens**.



2 COOK THE RICE

Rinse the **Jasmine rice** well. Add the rice and the **water (check the ingredients list for the amount)** to a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **8-10 minutes**, or until the rice is soft. Drain and return to the saucepan. Cover with a lid to keep warm.



3 BROWN THE CHICKEN

While the rice is cooking, heat a **drizzle of olive oil** in a large frying pan over a high heat. Once hot, add the **chicken thigh** and cook for **3-4 minutes**, tossing regularly, until browned (the chicken will finish cooking in steps 4 & 5). Set aside in a bowl.



4 ADD SOME FLAVOUR

Heat another **drizzle of olive oil** in the same pan and add the **brown onion**. Cook for **4-5 minutes**, or until softened. Add the **butter**, the **garlic**, the **ginger**, the **mild North Indian spice blend** and the **Indian spice blend**.

TIP: Only add one sachet of the Indian spice blend if your kids are sensitive to too much flavour. Stir for **1 minute**, or until fragrant. Return the **chicken** to the pan and stir to coat in the spices. **TIP:** Frying spices in butter helps to extract their flavour.



5 ADD THE COCONUT MILK

Add the **diced tomatoes**, the **coconut milk**, the **tomato**, the **zucchini** and the **salt (use suggested amount)** and stir to combine. Bring the mixture to the boil, then reduce the heat to medium and simmer for **10 minutes**, or until the veggies are soft and the chicken is cooked through. **TIP:** Simmer the mixture for longer if you prefer curry with a thicker sauce. Just before serving, add the **Asian greens** and stir through until wilted.



6 SERVE UP

Divide the rice between bowls and top with the golden coconut chicken curry.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
brown onion	1
garlic	4 cloves
ginger 🌱	1 knob
free-range chicken thigh	1 packet
tomato	1
zucchini	1
Asian greens	1 bunch
Jasmine rice	2 packets (1 ½ cups)
water*	6 cups
butter*	50 g
mild North Indian spice blend	1 sachet (1 tbs)
Indian spice blend	2 sachets (1 ½ tbs)
diced tomatoes	1 tin (400 g)
coconut milk	1 tin (400 ml)
salt*	½ tsp

*Pantry Items | This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3550kJ (849Cal)	349kJ (83Cal)
Protein (g)	44.4g	4.4g
Fat, total (g)	37.8g	3.7g
saturated (g)	20.1g	2.0g
Carbohydrate (g)	75.6g	7.4g
sugars (g)	10.4g	1.0g
Sodium (mg)	258mg	25mg

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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