

Sri Lankan Chicken Curry

with Garlic Rice & Veggies



Garlic



Basmati Rice



Brown Onion



Capsicum



Carrot



Chicken Thigh



Ginger Paste



Sri Lankan Spice Blend



Tomato Paste



Coconut Milk



Chicken Stock Pot



Long Red Chilli (Optional)



Coriander



Chicken Breast

Hands-on: **20-30 mins**
Ready in: **40-50 mins**

Eat Me Early

Naturally Gluten-Free
Not suitable for coeliacs

Spicy (optional long red chilli)

Simmered with warming Sri Lankan spices and creamy coconut milk, this comforting chicken curry has it all.



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

Pantry items

Olive Oil, Butter, Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	4 cloves	8 cloves
butter*	20g	40g
water*	1 ½ cups	3 cups
basmati rice	1 medium packet	1 large packet
brown onion	1	2
capsicum	1	2
carrot	1	2
chicken thigh	1 small packet	1 large packet
ginger paste	1 medium packet	1 large packet
Sri Lankan spice blend	1 sachet	2 sachets
tomato paste	1 packet	2 packets
coconut milk	1 large tin	2 large tins
sugar*	1 tsp	2 tsp
chicken stock pot	1 packet (20g)	1 packet (40g)
long red chilli (optional)	½	1
coriander	1 bag	1 bag
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4342kJ (1038Cal)	551kJ (132Cal)
Protein (g)	41.6g	5.3g
Fat, total (g)	54g	6.9g
- saturated (g)	34.7g	4.4g
Carbohydrate (g)	89.9g	11.4g
- sugars (g)	21.9g	11.4g
Sodium (mg)	1042mg	132mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3490kJ (834Cal)	705kJ (168Cal)
Protein (g)	43.8g	8.8g
Fat, total (g)	39.1g	7.9g
- saturated (g)	15.7g	3.2g
Carbohydrate (g)	76.9g	15.5g
- sugars (g)	13.2g	15.5g
Sodium (mg)	1090mg	220mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, the **water** and a generous pinch of **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat. Keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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



Start the curry

Return the pan to a medium-high heat with another drizzle of **olive oil**, if needed. Cook the **onion** until softened, **4-5 minutes**. Add the **ginger paste**, **Sri Lankan spice blend**, **tomato paste** and remaining **garlic**. Cook, stirring, until fragrant, **1-2 minutes**.



Get prepped

While the rice is cooking, finely chop the **brown onion**. Thinly slice the **capsicum**. Thinly slice the **carrot** into half-moons. Cut the **chicken thigh** into 2cm chunks.

CUSTOM RECIPE

If you've swapped to chicken breast, cut into 2cm chunks.



Finish the curry

Add the **coconut milk**, **carrot**, **capsicum**, **sugar** and **chicken stock pot**. Stir to combine, bring to the boil, then reduce the heat to medium. Simmer until the curry has thickened and the veggies are tender, **6-7 minutes**. Return the **chicken** (plus any resting juices) to the pan. Season to taste.

TIP: Add a splash of water to loosen the curry, if needed.



Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook the **chicken**, tossing, until browned and cooked through, **5-6 minutes**. Transfer to a plate.

CUSTOM RECIPE

Cook the chicken breast, as above.



Serve up

Slice the **long red chilli** (if using). Divide the garlic rice between bowls. Top with the Sri Lankan chicken curry. Serve sprinkled with the chilli and torn **coriander**.

Enjoy!

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