

# Curried Chicken Puff

## with Homemade Cabbage Mallung

A Taste of Sri Lanka 40-45 Minutes • Mild Spice • 2 of your 5 a day



Inspired by Sri Lankan street food, where patties and fried stuffed dumplings are typically seen, this recipe gives homage to the food made by street vendors. The side dish mallung is a common and very popular dish in Sri Lanka, consisting of cabbage or kale cooked with coconut. It's a side typically served with most dishes in Sri Lankan cooking, so here we're using seasonal cabbage.

**Pantry Items**  
Oil, Salt, Pepper, Honey, Butter

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

## Cooking tools

Grater, frying pan, garlic press, baking tray and baking paper.

## Ingredients

Ingredients	2P	3P	4P
Puff Pastry Sheet** 13)	1 pack	1½ packs	2 packs
Carrot**	1	1½	2
Onion	1	1½	2
Diced British Chicken Breast**	240g	390g	480g
Garlic Clove**	2	3	4
Sri Lankan Style Curry Powder	1 sachet	2 sachets	2 sachets
Coconut Milk	180ml	250ml	360ml
Chicken Stock Paste	10g	15g	20g
Shredded Savoy Cabbage**	150g	225g	300g
Desiccated Coconut	15g	22g	30g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Honey*	1 tbsp	1½ tbsp	2 tbsp
Butter*	20g	30g	40g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	616g 4874 /1165	100g 791 /189
Fat (g)	70.1	11.4
Sat. Fat (g)	44.7	7.3
Carbohydrate (g)	84.0	13.6
Sugars (g)	26.0	4.2
Protein (g)	46.0	7.5
Salt (g)	2.67	0.43

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

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## 1 Prep the Veg

Preheat your oven to 220°C/200°C fan/gas mark 7. Remove the **puff pastry** from your fridge to allow it to come to room temperature.

Trim the **carrot**, then coarsely grate (no need to peel).

Halve, peel and thinly slice the **onion**.



## 4 Build your Puffs

Unroll and cut the **puff pastry** into equal-sized rectangles (2 per person).

Spoon the **chicken filling** onto one half of each rectangle, leaving a 1cm border at the sides.

Dampen the edges of the **pastry** with a little **water**, then fold the top **half** of the **pastry** over the **filling** to enclose it. Gently press the edges down with the back of a fork to tightly seal the parcel on the 3 open sides.

Carefully transfer the **puffs** to a lined, large baking tray. Bake on the top shelf of your oven until the **pastry** is golden, 15-20 mins.



## 2 Get Frying

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **diced chicken** and **half** the **sliced onion** to the pan and season with **salt** and **pepper**.

Fry until the **chicken** is golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.*

Halfway through frying the **chicken**, add the **grated carrot** to the pan and continue to fry until softened, 4-5 mins.



## 5 Cabbage Time

Give the frying pan a quick clean.

When the **puffs** have 10 mins of baking time left, return the pan to medium heat and melt in the **butter** (see pantry for amount).

Once melted, add the **cabbage** and remaining **onion** and stir-fry until softened, 6-8 mins. Add another drizzle of **oil** if it becomes too dry. Season with **salt** and **pepper**.

Once cooked, remove from the heat and stir through the **desiccated coconut**.



## 3 Add the Flavour

While the **chicken** fries, peel and grate the **garlic** (or use a garlic press).

Add the **garlic** and **Sri Lankan style spice mix** to the pan and fry until fragrant, 1 min.

Stir in the **coconut milk** and **chicken stock paste**. Bring to the boil, then reduce the heat and simmer until thickened, 5-6 mins.

Season with **salt** and **pepper** and stir in the **honey** (see pantry for amount). Remove from the heat and allow to cool slightly.



## 6 Serve Up

Share the **chicken curry puffs** between your plates.

Serve your **cabbage mullung** alongside.

## Enjoy!