HELLO FRESH

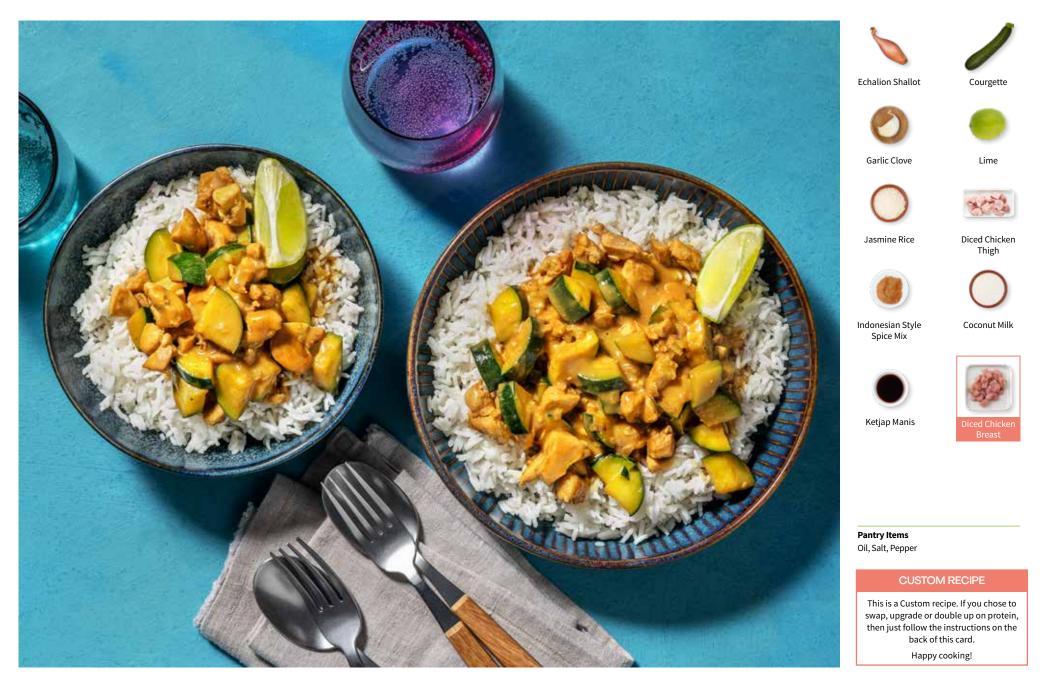# Indonesian Style Coconut Chicken Curry
with Courgette and Zesty Rice

Family   25-30 Minutes • Medium Spice • 2 of your 5 a day

Echalion Shallot

Courgette

Garlic Clove

Lime

Jasmine Rice

Diced Chicken Thigh

Indonesian Style Spice Mix

Coconut Milk

Ketjap Manis

Diced Chicken Breast

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Garlic press, fine grater, saucepan, lid and frying pan.

Ingredients

Ingredients	2P	3P	4P
Echalion Shallot**	1	1	2
Courgette**	1	2	2
Garlic Clove**	1	2	2
Lime**	1	1	1
Jasmine Rice	150g	225g	300g
Diced Chicken Thigh**	260g	390g	520g
Indonesian Style Spice Mix	2 sachets	2 sachets	4 sachets
Coconut Milk	200ml	400ml	400ml
Ketjap Manis 11)	25g	25g	50g
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Curry*	50ml	75ml	100ml

*Not Included **Store in the Fridge*

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe Per serving	Custom Recipe Per 100g
for uncooked ingredient	498g	100g	498g	100g
Energy (kJ/kcal)	3070 /734	617 /148	2809 /671	565 /135
Fat (g)	30.7	6.2	20.6	4.1
Sat. Fat (g)	19.5	3.9	16.9	3.4
Carbohydrate (g)	80.4	16.2	80.4	16.2
Sugars (g)	12.8	2.6	12.8	2.6
Protein (g)	38.4	7.7	41.3	8.3
Salt (g)	1.11	0.22	1.05	0.21

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

Allergens

11) Soya

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, milk, egg, mustard, celery, soya, 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.

Contact

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1

Get Prepped

Halve, peel and chop the **shallot** into small pieces.

Trim the **courgette**, then quarter lengthways. Chop widthways into small pieces.

Peel and grate the **garlic** (or use a garlic press). Zest the **lime** and cut into wedges.

2

Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).

3

Start the Curry

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

Once hot, add the **diced chicken** and season with **salt** and **pepper**. Cook until browned all over, 5-6 mins. Turn occasionally. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*

Add the **shallot** and cook until softened, 4-5 mins.

Stir in the **Indonesian style spice mix** and **garlic**. Cook, stirring, for 1 min.

CUSTOM RECIPE

If you've chosen to get **diced chicken breast** instead of **thigh**, cook the recipe in the same way.

4

Simmer the Sauce

Stir in the **coconut milk**, **water for the curry** (see pantry for amount) and **courgette**, then season with **salt** and **pepper**.

Bring to the boil, then reduce the heat slightly and simmer until the **sauce** has thickened, the **courgette** is tender and the **chicken** is cooked through, 8-10 mins. Stir occasionally. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*

5

Finish Up

When the **curry** is cooked, stir in the **ketjap manis**, a squeeze of **juice** from a **lime wedge**.

Add a splash of **water** if it's a little thick. Taste and season with **salt** and **pepper** if needed.

Fluff up the **rice** with a fork and stir through the **lime zest**.

6

Serve

When ready, share the **rice** between your bowls.

Top with the **chicken curry** and serve with the remaining **lime wedges** for squeezing over.

Enjoy!