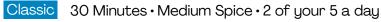


Indonesian Style Coconut Chicken Curry

with Courgette and Zesty Rice





Before you start

Our fruit and veggies 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

	2P	3P	4P
Red Onion**	1	1	2
Courgette**	1	2	2
Garlic Clove**	1	2	2
Lime**	1	1	1
Coriander**	1 bunch	1 bunch	1 bunch
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Diced Chicken Thigh**	280g	420g	560g
Indonesian Style Spice Mix	2 sachets	2 sachets	4 sachets
Coconut Milk	200ml	300ml	400ml
Water for the Curry*	50ml	75ml	100ml
Ketjap Manis 11)	1 sachet	1 sachet	2 sachets
Diced Chicken Breast**	280g	420g	560g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	542g	100g
Energy (kJ/kcal)	3213/768	593/142
Fat (g)	32	6
Sat. Fat (g)	19	4
Carbohydrate (g)	83	15
Sugars (g)	14	3
Protein (g)	39	7
Salt (g)	0.99	0.18
Custom Recipe	Per serving	Per 100g
	Per serving 542g	Per 100g 100g
Custom Recipe	<u> </u>	<u> </u>
Custom Recipe for uncooked ingredient	542g	100g
Custom Recipe for uncooked ingredient Energy (kJ/kcal)	542g 2897 /692	100g 535/128
Custom Recipe for uncooked ingredient Energy (kJ/kcal) Fat (g)	542g 2897 /692 21	100g 535 /128 4
Custom Recipe for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g)	542g 2897 /692 21 16	100g 535/128 4 3
Custom Recipe for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g) Carbohydrate (g)	542g 2897 /692 21 16 83	100g 535/128 4 3 15

Nutrition for uncooked ingredients based on 2 person recipe.

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.

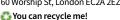
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Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







Get Prepped

Halve, peel and chop the red onion 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. Roughly chop the coriander (stalks and all).



Cook the Rice

Pour the cold water for the rice (see ingredients for amount) into a medium saucepan with a tightfitting lid. Stir in the rice and 1/4 tsp salt, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. 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).



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 after handling raw *chicken and its packaging.* Add the **onion** 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 **chicken thigh**, cook the recipe in the same way.



Simmer the Sauce

Stir in the coconut milk, water for the curry (see ingredients for amount) and courgette, then season with salt and pepper. Bring to the boil, then reduce heat slightly and simmer until the sauce has thickened, the courgette is tender and the **chicken** has cooked through, 8-10 mins. Stir occasionally. IMPORTANT: The chicken is cooked when no longer pink in the middle.



Finish Up

When the **curry** is cooked, stir in the **ketjap manis**, a squeeze of juice from a lime wedge and half the coriander. TIP: 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**.



Serve

Divide the **rice** between your bowls. Top with the curry, a sprinkle of remaining coriander and serve with any remaining lime wedges for squeezing over.

Enjoy!