

# Indonesian Style Coconut Chicken Curry

with Courgette and Zesty Rice

Classic

Eat Me Early • 25-30 Minutes • Medium Spice • 1 of your 5 a day





**Echalion Shallot** 



Courgette



**Garlic Clove** 







Diced Chicken Thigh

Jasmine Rice



Indonesian Style Spice Mix



Coconut Milk



Ketjap Manis



### 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 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

9. 00000			
Ingredients	2P	3P	4P
Echalion Shallot**	1	1	1
Courgette**	1	2	2
Garlic Clove**	1	2	2
Lime**	1	1	1
Jasmine Rice	150g	225g	300g
Diced Chicken Thigh**	280g	420g	560g
Indonesian Style Spice Mix	2 sachets	2 sachets	4 sachets
Coconut Milk	200ml	400ml	400ml
Ketjap Manis 11)	1 sachet	1 sachet	2 sachets
Diced Chicken Breast**	280g	420g	560g
Pantru	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Curry*	50ml	75ml	100ml
***			

<sup>\*</sup>Not Included \*\*Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	510g	100g
Energy (kJ/kcal)	3146 /752	617/147
Fat (g)	31.7	6.2
Sat. Fat (g)	19.8	3.9
Carbohydrate (g)	80.8	15.8
Sugars (g)	11.9	2.3
Protein (g)	38.4	7.5
C-I+/-\	0.99	0.19
Salt (g)	0.99	0.19
Custom Recipe	Per serving	Per 100g
Custom Recipe	Per serving	Per 100g
Custom Recipe for uncooked ingredient	Per serving 510g	Per 100g 100g
Custom Recipe for uncooked ingredient Energy (kJ/kcal)	Per serving 510g 2830/676	Per 100g 100g 555/133
Custom Recipe for uncooked ingredient Energy (kJ/kcal) Fat (g)	Per serving 510g 2830 /676 20.7	Per 100g 100g 555/133 4.1
Custom Recipe for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g)	Per serving 510g 2830 /676 20.7 16.9	Per 100g 100g 555/133 4.1 3.3
Custom Recipe for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g) Carbohydrate (g)	Per serving 510g 2830 /676 20.7 16.9 80.8	Per 100g 100g 555/133 4.1 3.3 15.8

Nutrition for uncooked ingredients based on 2 person recipe.

# **Allergens**

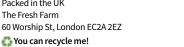
11) Soya

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.

HelloFresh UK

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







# **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.



## Cook the Rice

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

Stir in the rice and 1/4 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).



# 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.



# 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 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.



## Finish Up

When the curry is cooked, stir in the ketjap manis and 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.



## Serve

When ready, divide the rice between your bowls. Top with the **chicken curry** and serve with the remaining lime wedges for squeezing over.

# Enjoy!