

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





Diced Chicken

Jasmine Rice



Indonesian Style Spice Mix



Coconut Milk



Ketjap Manis



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

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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						
Nacricion			Custom Recipe			
Typical Values	Per serving	Per 100g	Per serving	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.

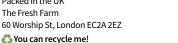
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Get Prepped

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 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).



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 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.



Finish Up

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

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

Enjoy!