



Malay Chicken and Red Lentil Curry

with Courgette and Ginger



HELLO MALAY SPICE MIX

Our Malay Spice is both fragrant and spicy and is a mix that contains a blend of Cinnamon, Cayenne, Coriander seed, Turmeric, Clove Buds, Galangal, Cumin and Cardamom.



Chicken Thigh



Onion



Ginger



Garlic Clove



Courgette



Basmati Rice



Malay Curry Powder



Chicken Stock Powder



Red Split Lentils



Natural Yoghurt



Cinnamon Stick

This delicious little curry ticks all the boxes, it's super easy to prepare and cook, quick to wash up and, most importantly, tastes absolutely amazing! We think it will become a firm favourite in your kitchen!

30 mins

2.5 of your 5 a day

Very hot

MEAL BAG



BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a two **Large Saucepans** (with **Lids**), **Fine Grater** (or **Garlic Press**) and **Measuring Jug**. Now, let's get cooking!



1 BROWN THE CHICKEN

Heat a splash of **oil** in a large saucepan over medium-high heat. When hot, add the **chicken** and season with **salt** and **pepper**. Cook until nicely browned, 7-10 mins. Turn frequently.



2 PREP THE VEGGIES

Meanwhile, halve, peel and thinly slice the **onion**. Peel and grate the **ginger** and **garlic** (or use a garlic press). Trim the **courgette** then quarter lengthways. Chop widthways into small pieces.



3 COOK THE RICE

Add the **water** (see ingredients for amount), a pinch of **salt** and the **cinnamon stick** to another large saucepan and bring to the boil. When boiling, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins or until ready to serve. **★ TIP:** *The rice will finish cooking in its own steam.*



4 MAKE THE CURRY

When the **chicken** is browned, add the **onion** to the pan and cook for 5 mins until soft. Next, add the **ginger**, **garlic** and **Malay curry powder**. Stir well and cook for a minute more before adding the **stock powder** and the **water** (see ingredients for amount).



5 SIMMER AWAY

Bring the **curry** to the boil, stir well to dissolve the **stock powder** then add the **red lentils**. Cover with a lid and lower the heat to a simmer. Let the **curry** bubble away for 15 mins. Stir every 5 mins. After 5 mins of cooking, add the **courgette** and cook for 10 mins more. The **curry** is ready when the **lentils** are soft and the **chicken** is cooked through. **❗ IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.*



6 FINISH AND SERVE

If the **lentils** need a bit longer, add a splash of **water** and cook for a few mins more. When ready, taste the **curry** and add **salt** and **pepper** if necessary. Remove and discard the **cinnamon stick** from the **rice** then fluff the **rice** up with a fork. Divide the **rice** between bowls. Stir the **yoghurt** through the **curry** then serve on top of the **rice**. **Get Stuck In!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Chicken Thigh *	4	6	8
Onion *	1	1½	2
Ginger *	1 piece	1 piece	2 pieces
Garlic Clove *	1	2	2
Courgette *	1	1½	2
Basmati Rice	150g	225g	350g
Malay Curry Powder	1 pot	2 pots	2 pots
Chicken Stock	1	1½	2
Powder	sachet	sachets	sachets
Red Split Lentils	100g	150g	200g
Natural Yoghurt 7) *	½ pouch	1 pouch	1 pouch
Cinnamon Stick	1	1	1
Water for the Rice*	300ml	450ml	600ml
Water for the Curry*	350ml	525ml	700ml

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 550G	PER 100G
Energy (kJ/kcal)	3538 / 846	643 / 154
Fat (g)	16	3
Sat. Fat (g)	4	1
Carbohydrate (g)	104	19
Sugars (g)	15	3
Protein (g)	72	13
Salt (g)	0.90	0.16

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

Head online or use our app to rate this recipe or get in touch via hello@hellofresh.co.uk



You made this, now show it off! Share your creations with us:

#HelloFreshSnaps

HelloFresh UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

Packed in the UK

YOU CAN RECYCLE ME!

HelloFRESH