



# ZANZIBAR CHICKEN CURRY

with Fragrant Rice



## HELLO PARSLEY

The word parsley is a merger of Old English 'petersilie' and the Old French 'peresil'.



Echalion Shallot



Garlic Clove



Courgette



Flat Leaf Parsley



Diced Chicken Breast



Chicken Stock Powder



Star Anise



Basmati Rice



Zanzibar Curry Powder



Coconut Milk



Lime

MEAL BAG

40 mins

1.5 of your 5 a day

Little heat

Tonight, we bring the warm flavours of Zanzibar to your dinner table! This fragrant curry is flavoured with a special blend sourced by our wonderful friends at Seasoned Pioneers. It's a mixture of paprika, coriander, cinnamon and chilli designed to evoke balmy African nights.

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## BEFORE YOU START

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



### 1 PREP TIME!

Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Trim the **courgette** then quarter lengthways and chop widthways into small pieces. Roughly chop the **parsley** (stalks and all).



### 2 START THE CURRY

Heat a splash of **oil** in a large saucepan over medium-high heat. Add the **chicken** and cook until brown all over, turning occasionally, 5-6 mins. **★ TIP:** *Do this in batches if necessary, you don't want to stew the chicken!* Add the **shallot** and cook, stirring, until soft, 5 mins.



### 3 COOK THE RICE

Meanwhile, pour the **water** (see ingredients for amount) into another large saucepan and bring to the boil. When boiling, stir in **half** the **stock powder**, the **star anise** and 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 SIMMER THE CURRY

Add the **garlic**, **half** the **parsley** and the **Zanzibar curry powder** to the **chicken**. Cook for 1 minute. Add the **coconut milk** and remaining **stock powder**. Add the **courgette**. Bring to the boil, stir and lower the heat so that the **curry** simmers gently. Cook until the **sauce** has thickened, 15-17 mins. **❗ IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle. ★ TIP: Add a splash of water if the curry looks a bit dry.*



### 5 FINISH THE RICE

While the curry is cooking, zest the **lime** and cut it in half. When the **rice** is ready, remove the **star anise** and fluff it up with a fork. Stir in the **lime zest** and a small squeeze of **lime juice** (save some for the curry!).



### 6 SERVE

When the **curry** is done, taste and add **salt** and **pepper** if required. Stir in the remaining **parsley** and a squeeze of **lime juice**. Spoon the **rice** into bowls, top with the **Zanzibar chicken curry**. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

|                          | 2P          | 3P          | 4P          |
|--------------------------|-------------|-------------|-------------|
| Echalion Shallot *       | 1           | 2           | 2           |
| Garlic Clove *           | 1           | 1           | 2           |
| Courgette *              | 1           | 2           | 2           |
| Flat Leaf Parsley *      | 1 bunch     | 1 bunch     | 1 bunch     |
| Diced Chicken Breast *   | 280g        | 420g        | 560g        |
| Water*                   | 300ml       | 450ml       | 600ml       |
| Chicken Stock Powder     | 1 sachet    | 1 sachet    | 2 sachets   |
| Star Anise               | 1           | 1           | 2           |
| Basmati Rice             | 150g        | 225g        | 300g        |
| Zanzibar Curry Powder 9) | 1 small pot | ¾ large pot | 1 large pot |
| Coconut Milk             | 1 small tin | ¾ large tin | 1 large tin |
| Lime *                   | 1           | 1           | 2           |

\*Not Included

\* Store in the Fridge

| NUTRITION PER UNCOOKED INGREDIENT | PER SERVING 510G | PER 100G |
|-----------------------------------|------------------|----------|
| Energy (kcal)                     | 650              | 127      |
| (kJ)                              | 2718             | 533      |
| Fat (g)                           | 23               | 4        |
| Sat. Fat (g)                      | 18               | 4        |
| Carbohydrate (g)                  | 67               | 13       |
| Sugars (g)                        | 5                | 1        |
| Protein (g)                       | 44               | 9        |
| Salt (g)                          | 0.80             | 0.16     |

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

9) Mustard

🧼 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?

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