



# CURRIED CHICKEN

with Golden Raisin Rice, Pickled Cabbage & Lemon Curry Sauce

## INGREDIENTS

2 PERSON | 4 PERSON



**1 TBSP | 2 TBSP**  
Curry Powder



**½ Cup | 1 Cup**  
Basmati Rice



**1 | 2**  
Chicken Stock Concentrate



**1 oz | 2 oz**  
Golden Raisins



**1 | 2**  
Lemon



**¼ oz | ¼ oz**  
Cilantro



**4 oz | 8 oz**  
Shredded Red Cabbage



**1½ TBSP | 3 TBSP**  
Sour Cream  
Contains: Milk



**10 oz | 20 oz**  
Chicken Cutlets



**2 TBSP | 4 TBSP**  
Yogurt  
Contains: Milk



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### CURRY POWDER

This fragrant blend of spices includes turmeric, fenugreek, and cumin.

PREP: 5 MIN | COOK: 35 MIN | CALORIES: 620



## THE RICE IS RIGHT

Fluffing rice right before serving is an essential step! A fork helps each grain keep its texture, yielding lighter results.

## BUST OUT

- Small pot
- Zester
- Medium bowl
- Small bowl
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Sugar (2 tsp | 4 tsp)
- Butter (1½ TBSP | 3 TBSP)  
Contains: Milk

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### 1 COOK RICE

- Heat a **drizzle of oil** in a small pot over medium-high heat. Add **¼ tsp curry powder** (½ tsp for 4 servings); cook, stirring, until fragrant, 30 seconds (you'll use more curry powder later).
- Stir in **rice, stock concentrate, ¾ cup water** (1½ cups for 4), and **salt** (we used ¼ tsp; ½ tsp for 4). Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



### 4 COOK CHICKEN

- Pat **chicken\*** dry with paper towels; season all over with **salt, pepper,** and **remaining curry powder.**
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken; cook until browned and cooked through, 3-5 minutes per side. **TIP: If chicken begins to brown too quickly, reduce heat to medium.**
- During the last minute of cooking, reduce heat to medium and stir in **1 TBSP butter** (2 TBSP for 4 servings) until melted. Spoon butter over chicken.
- Turn off heat; transfer to a cutting board to rest.



### 2 PREP

- While rice cooks, **wash and dry produce.**
- Zest and quarter **lemon** (for 4 servings, zest one lemon and quarter both). Roughly chop **cilantro.**



### 5 FINISH RICE

- Fluff **rice** with a fork; stir in **raisins, ½ TBSP butter** (1 TBSP for 4 servings), **¼ tsp salt** (½ tsp for 4), and **remaining lemon zest** to taste.



### 3 PICKLE CABBAGE & MIX SAUCE

- In a medium microwave-safe bowl, combine **juice from half the lemon, 2 TBSP water** (4 TBSP for 4 servings), and **2 tsp sugar** (4 tsp for 4). Stir in **cabbage**; season with **salt** and **pepper**. Microwave for 1 minute. Add juice from remaining lemon and a **big pinch of salt**. Set aside to pickle, stirring occasionally, until ready to serve.
- In a small bowl, combine **sour cream, yogurt, ¼ tsp curry powder** (½ tsp for 4), and a **pinch of lemon zest** to taste (you'll use the rest of the curry powder in the next step). Season with **salt**. Stir in **water** 1 tsp at a time until mixture reaches a drizzling consistency.



### 6 FINISH & SERVE

- Drain **cabbage**; stir in **half the cilantro.**
- Thinly slice **chicken** crosswise.
- Divide **rice** between bowls; top with chicken and cabbage. Drizzle chicken with **sauce** and garnish with remaining cilantro. Serve.

\*Chicken is fully cooked when internal temperature reaches 165°.