



Indonesian Style Coconutty Chicken Curry with Courgette and Zesty Rice

Family 30 Minutes • Medium Spice • 1 of your 5 a day

7



Echalion Shallot



Courgette



Garlic Clove



Lime



Coriander



Jasmine Rice



Diced Chicken Thigh



Indonesian Style Spice Mix



Coconut Milk



Ketjap Manis

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Fine Grater (or Garlic Press), Measuring Jug, Saucepan, Frying Pan.

Ingredients

	2P	3P	4P
Echalion Shallot**	1	1	2
Courgette**	1	2	2
Garlic Clove**	1	2	2
Lime**	1	1	1
Coriander**	1 bunch	1 bunch	1 bunch
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 sachets	1 sachets	2 sachets
Water for Curry*	50ml	75ml	100ml
Water for the Rice*	300ml	450ml	600ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	517g	100g
Energy (kJ/kcal)	3207 /766	621 /148
Fat (g)	31	6
Sat. Fat (g)	19	4
Carbohydrate (g)	83	16
Sugars (g)	16	3
Protein (g)	39	8
Salt (g)	1.00	0.19

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

11) Soya

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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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**. Roughly chop the **coriander**.



Cook the Rice

Pour the **water for the rice** (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. 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 over medium high heat. Once hot, add the **diced chicken** and stir fry until golden brown all over, 5-6 mins. Add the **shallot** and cook, stirring occasionally, until softened, 4-5 mins. Add the **Indonesian curry powder** and **garlic** and cook, stirring, for 1 min. **IMPORTANT: Remember to wash your hands after handling raw meat. The chicken is cooked when it is no longer pink in the middle.**



Simmer!

Add the **coconut milk**, **water for the curry** (see ingredients for amount) the **courgette** and season with **salt** and **pepper**. Stir well, bring to the boil, reduce heat slightly and simmer with a lid (or some foil) for 4-5 mins. Remove the lid and continue to simmer until thickened slightly and the **courgette** is tender, 4-5 mins. Stir occasionally.



Finish Up!

When the **curry** is cooked, add the **ketjap manis**, a squeeze of **lime juice** and **half the coriander**. Stir together to combine. Taste and season with **salt** and **pepper** if you like. Stir the **lime zest** through the **rice**.



Serve!

Divide the **rice** between bowls with the **curry** on top. Top with remaining **coriander** and any remaining **lime wedges**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.