



Sri Lankan Chicken

with Coconut & Courgette Pilaf and Coconut Yoghurt



HELLO TURMERIC

Buddhist monks used to dye their yellow robes with turmeric.



Onion



Garlic Clove



Courgette



Coriander



Red Chilli



Fennel Seeds



Ground Coriander



Ground Cumin



Turmeric



Basmati Rice



Water



Chicken Stock Pot



Cinnamon Stick



Olive Oil



Chicken Thigh



Desiccated Coconut



Natural Yoghurt

30 mins

2 of your 5 a day

Medium Heat

Head Chef Patrick is currently on a Sri Lankan adventure. This week he took a boat to Cinnamon Island to meet the family who produce this beautiful spice. You can watch Patrick cooking this recipe under the shade of a cinnamon tree and meet the great great grandfather who shows him a surprising way of preparing the spice by going to blog.hellofresh.co.uk/sri-lanka/

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Large Saucepan**, **Measuring Jug**, **Mixing Bowl**, a **Frying Pan** and some **Kitchen Paper**. Now, let's get cooking!



1 PREP THE VEGGIES

Halve, peel and finely chop the **onion** into ½cm pieces. Peel and grate the **garlic** (or use a garlic press). Remove the top and bottom from the **courgette**, halve lengthways then chop into 1cm cubes. Pick the **coriander leaves** from their stalks and finely chop both, but keep them separate. Halve the **red chilli** lengthways, remove the seeds and finely chop.



2 START THE RICE

Put a large saucepan on medium heat with a drizzle of **oil**. Add the **onion** and cook until softened, 5 mins. Add the **garlic**, **fennel seeds**, **ground coriander**, **ground cumin**, **chilli** (use less if you don't like spice!) and half the **turmeric**. Cook together for 1 minute. Add the **basmati rice** to your pan along with the **courgette** and the **coriander stalks**. Stir so the **rice** is nicely coated in the spices.



3 COOK THE RICE

Pour in the **water** (amount specified in the ingredient list). Add the **chicken stock pot** and **cinnamon stick**. Stir to dissolve the **stock pot** and bring to a boil. Turn the heat to medium-low, pop on a lid and leave to cook for 10 mins then remove the pan from the heat and leave to rest with the lid on for another 10 mins. The **rice** will finish cooking in its own steam.



4 TOAST THE COCONUT

In a mixing bowl combine half the **coriander leaves** with the remaining **turmeric** and the **olive oil** (amount specified in the ingredient list). Add the **chicken thighs** and season with a pinch of **salt** and **black pepper**. Mix well until the **chicken** is evenly coated. Heat a frying pan on medium-high heat (no **oil**) and add the **desiccated coconut**. Stir and toast until golden, 1-2 mins. Remove from your pan and set aside.



5 COOK THE CHICKEN

Wipe out the pan with some kitchen paper and pop it back on medium-high heat. Once hot, lay in the **chicken**, skin-side down. Cook for 4-5 mins. Turn and cook for another 8 mins, turning every 3 mins until browned and cooked through. ★ **TIP:** *The chicken is cooked when it is no longer pink in the middle.* Once cooked, remove the **chicken** to a board to rest for 2 mins.



6 FINISH AND SERVE

Remove the **cinnamon stick** from the **rice** and fluff it up with a fork. Stir through half the remaining **coriander leaves** and half the **toasted coconut**. Stir the remaining **coconut** into the **yoghurt**. Cut the **chicken** into 1cm wide slices. Spoon the **rice** into bowls and pop the **chicken** on top. Finish with a dollop of **coconut yoghurt** and the rest of the **coriander leaves**, **enjoy!**

2 PEOPLE INGREDIENTS

Onion, chopped	1
Garlic Clove, grated	1
Courgette, chopped	1
Coriander, chopped	1 bunch
Red Chilli, chopped	½
Fennel Seeds	½ tbsp
Ground Coriander	1½ tsp
Ground Cumin	1½ tsp
Turmeric	¾ tsp
Basmati Rice	150g
Water*	300ml
Chicken Stock Pot	1
Cinnamon Stick	1
Olive Oil*	2 tbsp
Chicken Thigh	4
Desiccated Coconut	25g
Natural Yoghurt 7)	1 pot

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	1025	177
(kJ)	4298	741
Fat (g)	52	9
Sat. Fat (g)	17	3
Carbohydrate (g)	76	13
Sugars (g)	13	2
Protein (g)	46	8
Salt (g)	2.70	0.50

ALLERGENS

7)Milk

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract.

👍 THUMBS UP OR THUMBS DOWN?

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