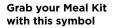
# Sri Lankan Chicken Curry

with Green Beans & Basmati Rice









**Basmati Rice** 







**Green Beans** 





Carrot

Ginger



Tomato





**Chicken Thigh** 



Coriander

Sri Lankan Spice Blend



**Tomato Paste** 



**Coconut Cream** 



**Chicken Stock** 

**Pantry items** Olive Oil, Sugar



Hands-on: 20-30 mins Ready in: 30-40 mins

Eat me early



This flavour-packed chicken curry ticks all the boxes. Cooked in creamy coconut milk? Tick. Packed with aromatic flavours? Tick. Served with fluffy basmati rice? Tick. It's going to be your favourite recipe yet.

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

#### You will need

Medium saucepan · Large frying pan

## **Ingredients**

mg. calciles		
	2 People	4 People
olive oil*	refer to method	refer to method
water* (for the rice)	1½ cups	3 cups
basmati rice	1 packet	2 packets
brown onion	1	2
green beans	1 bag (100g)	1 bag (200g)
garlic	2 cloves	4 cloves
ginger	1 knob	2 knobs
carrot	1	2
tomato	1	2
coriander	1 bag	1 bag
chicken thigh	1 small packet	1 large packet
Sri Lankan spice blend	1 sachet	2 sachets
tomato paste	1 sachet	2 sachets
water* (for the curry)	¼ cup	½ cup
coconut cream	200ml	400ml
sugar*	1 tsp	2 tsp
chicken stock	1 cube	2 cubes

<sup>\*</sup>Pantry Items

#### **Nutrition**

Per Serving	Per 100g
<b>3810kJ</b> (910Cal)	<b>549kJ</b> (131Cal)
44.4g	6.4g
40.6g	5.8g
27g	3.9g
84.8g	12.2g
19.2g	2.8g
799mg	115mg
	3810kJ (910Cal) 44.4g 40.6g 27g 84.8g 19.2g

#### **Allergens**

may have changed.

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens



#### 1. Cook the rice

In a medium saucepan, add the water (for the rice) and bring to the boil. Add the basmati rice, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, 10 minutes.

**TIP:** The rice will finish cooking in its own steam so don't peek!



## 2. Get prepped

While the rice is cooking, finely chop the **brown** onion. Trim and cut the green beans into 2cm pieces. Finely grate the garlic (or use a garlic press) and ginger. Thinly slice the carrot (unpeeled) into half-moons. Roughly chop the tomato. Roughly chop the coriander. Cut the chicken thigh into 2cm chunks.



### 3. Cook the chicken

In a large frying pan, heat a drizzle of olive oil over a high heat. Working in batches, add the chicken and cook, tossing, until browned and cooked through, 5-6 minutes. Transfer to a plate.

**TIP:** Chicken is cooked through when it's no longer pink inside.



## 4. Start the curry

**SPICY!** The Sri Lankan spice blend is spicy, use less if you're sensitive to heat. Return the pan to a medium-high heat with a drizzle more olive oil if needed. Add the **onion** and **carrot** and cook until softened, 4-5 minutes. Add the garlic, ginger, Sri Lankan spice blend and tomato paste. Cook, stirring, until fragrant, 1-2 minutes.



## 5. Finish the curry

Add the water (for the curry), coconut cream, tomato, green beans, sugar, crumbled chicken stock (1 cube for 2 people / 2 cubes for 4 people) and a generous pinch of salt. Stir to combine and bring to the boil. Reduce the heat to medium and simmer until the curry has thickened and the veggies are tender, 6-7 minutes. Return the **chicken** (plus any resting juices) to the pan. Season to taste.

**TIP:** Add a splash of water if the curry is too thick.



## 6. Serve up

Divide the basmati rice between bowls and top with the Sri Lankan chicken curry. Garnish with the coriander.

**Enjoy!**