



Sri Lankan Chicken & Veggie Curry

with Zesty Toasted Coconut

Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Basmati Rice



Garlic



Ginger



Brown Onion



Tomato



Lemon



Long Red Chilli (Optional)



Chicken Thigh



Shredded Coconut



Sri Lankan Spice Blend



Coconut Milk



Chicken Stock



Baby Spinach Leaves

Hands-on: **25-35 mins**
Ready in: **35-45 mins**

Eat me early

Naturally gluten-free
Not suitable for Coeliacs

Spicy (optional long red chilli)

This colourful curry has everything you never knew you needed - with juicy chicken thigh mixed with flavourful spices, creamy coconut and veggies, it's the ultimate in Sri Lankan-style cuisine.

Pantry items

Olive Oil

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

Oven tray lined with baking paper ·
Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
carrot	1	2
water* (for the rice)	1½ cups	3 cups
basmati rice	1 packet	2 packets
garlic	2 cloves	4 cloves
ginger	1 knob	2 knobs
brown onion	1	2
tomato	1	2
lemon	½	1
long red chilli (optional)	½	1
chicken thigh	1 small packet	1 large packet
shredded coconut	1 packet	2 packets
Sri Lankan spice blend	1 sachet	2 sachets
coconut milk	1 tin (165ml)	1 tin (400ml)
water* (for the curry)	½ cup	¾ cup
chicken stock	1 cube	2 cubes
baby spinach leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3956kJ (945Cal)	529kJ (126Cal)
Protein (g)	45.4g	6.1g
Fat, total (g)	37.9g	5.1g
- saturated (g)	20.6g	2.8g
Carbohydrate (g)	94.6g	12.6g
- sugars (g)	21.5g	2.9g
Sodium (mg)	1091mg	146mg

Allergens

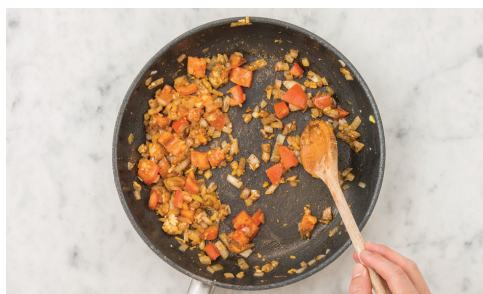
Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** and **carrot** (both unpeeled) into 1cm chunks. Place the **sweet potato** and **carrot** on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with **salt** and **pepper** and toss to coat. Bake until tender, **20-25 minutes**.

TIP: Cut the veggies to the correct size so they cook in the allocated time.



4. Start the curry

Return the frying pan to a high heat with a **drizzle** of **olive oil**. Add the **chicken** and cook, tossing, until browned and cooked through, **5-6 minutes**. Transfer to a plate. Return the pan to a medium-high heat with a **drizzle** of **olive oil**, if needed. Add the **onion** and cook until softened, **4-5 minutes**. Add the **tomato**, **garlic**, **ginger** and **Sri Lankan spice blend** and cook until fragrant, **1-2 minutes**.



2. Cook the rice

While the veggies are roasting, bring the **water (for the rice)** to the boil in a medium saucepan. 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!



5. Finish the curry

Reduce the heat to medium and add the **coconut milk**, **water (for the curry)** and crumbled **chicken stock (1 cube for 2 people / 2 cubes for 4 people)** to the frying pan and cook until thickened, **3 minutes**. Remove from the heat. Add the **chicken** and stir through the **baby spinach leaves** until wilted. Gently stir through the **roasted veggies** and season to taste.



3. Get prepped

While the rice is cooking, finely grate the **garlic** (or use a garlic press) and **ginger**. Roughly chop the **brown onion**. Roughly chop the **tomato**. Zest the **lemon** to get a **good pinch**, then slice into wedges. Thinly slice the **long red chilli (see ingredients list)**, if using. Cut the **chicken thigh** into 2cm chunks. Heat a large frying pan over a medium-high heat. Add the **shredded coconut** and toast, stirring often, until golden, **3-4 minutes**. Transfer to a small bowl, then stir through the **lemon zest**.



6. Serve up

Divide the rice between bowls and top with the Sri Lankan chicken and veggie curry. Garnish with the zesty toasted coconut and the chilli (if using). Serve with the lemon wedges.

Enjoy!