



COCONUT CURRY CHICKEN

with Bell Pepper over Basmati Rice

INGREDIENTS

2 PERSON | 4 PERSON



½ Cup | 1 Cup
Basmati Rice



1 | 2
Bell Pepper*



10 oz | 20 oz
Chicken Breast Strips



1 | 2
Tomato Paste



1 TBSP | 2 TBSP
Curry Powder



1 tsp | 2 tsp
Paprika



1 tsp | 1 tsp
Chili Flakes



1 | 2
Coconut Milk
Contains: Tree Nuts



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



2 | 2
Scallions



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

*The ingredient you received may be a different color.



HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



12 oz | 24 oz
Cauliflower Rice

Calories: 650



PREP: 5 MIN | COOK: 25 MIN | CALORIES: 710



HELLO

COCONUT MILK

With subtly sweet, nutty flavor and a richer, thicker texture than water or stock, this ingredient's ideal for creamy curries.

SHAKE IT UP

Give your coconut milk a good shake before opening the container and adding to the pan in step 5. The fridge may have caused the cream to rise and solidify, but not to worry—the liquids and solids will quickly come together during cooking.

BUST OUT

- Small pot
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
(1 tsp | 1 tsp)
- Sugar (1 tsp | 2 tsp)
- Butter (1 TBSP | 2 TBSP)
(1 TBSP | 2 TBSP)
Contains: Milk

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1 COOK RICE

- In a small pot, combine **rice**, **¾ cup water (1½ cups for 4 servings)**, and a **pinch of salt**. 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.

- Heat a **drizzle of oil** in a small pot over medium-high heat. Add **cauliflower rice (no need to drain)** and a **big pinch of salt**. Cook, stirring occasionally, until tender and any excess liquid has absorbed, 6-8 minutes. Turn off heat; stir in **1 TBSP butter (2 TBSP for 4 servings)** until melted. **(Save basmati rice for another use.)**



4 ADD SEASONINGS

- Add **tomato paste**, **curry powder**, and **paprika** to pan with **chicken**. Add a **pinch of chili flakes** if you like things spicy.
- Cook, stirring, until chicken is fully coated and spices are fragrant, 1 minute.



2 COOK BELL PEPPER

- While rice cooks, **wash and dry produce**.
- Core, deseed, and dice **bell pepper** into 1-inch pieces. Trim and thinly slice **scallions**, separating whites from greens.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add bell pepper and season with **salt and pepper**. Cook, stirring occasionally, until tender, 5-7 minutes. **(TIP: If needed, add splashes of water to help pepper soften.)** After 5 minutes, add **scallion whites** and cook until softened.
- Turn off heat; transfer to a plate. Wash out pan.



5 FINISH CURRY

- Stir in **coconut milk**, **¼ cup water**, **1 tsp sugar**, **1 TBSP butter**, and a **big pinch of salt**. **(For 4 servings, use ½ cup water, 2 tsp sugar, and 2 TBSP butter.)** Bring to a simmer, then reduce heat to low. Cook until thickened, 2-3 minutes more. **TIP: Taste and add more sugar if you like a sweeter curry.**
- Add **bell pepper mixture** and **sour cream**; stir to combine. Taste and season with **salt and pepper**. Turn off heat.



3 COOK CHICKEN

- While bell pepper cooks, pat **chicken*** dry with paper towels and season all over with **salt and pepper**.
- Once bell pepper is done, heat another **drizzle of oil** in same pan over medium-high heat. Add chicken; cook, stirring occasionally, until browned and cooked through, 4-6 minutes. Reduce heat under pan to medium.



6 FINISH & SERVE

- Fluff **rice** with a fork and season with **salt and pepper**; divide between bowls.
- Top rice with **coconut curry chicken** and sprinkle with a **pinch of chili flakes** if desired. Garnish with **scallion greens** and serve.

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