



CURRY-SPICED CHICKEN WITH LEMON YOGURT

plus Golden Raisin Rice & Pickled Cabbage

INGREDIENTS

2 PERSON | 4 PERSON



1 TBSP | 2 TBSP
Curry Powder



½ Cup | 1 Cup
Basmati Rice



2 | 4
Chicken Stock Concentrates



1 oz | 2 oz
Golden Raisins



1 | 2
Lemon



¼ oz | ¼ oz
Cilantro



4 oz | 8 oz
Shredded Red Cabbage



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



10 oz | 20 oz
Chicken Cutlets



2 TBSP | 4 TBSP
Yogurt
Contains: Milk



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HELLO

CURRY POWDER

This fragrant blend of spices includes turmeric, fenugreek, and cumin.



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 630



THE RICE IS RIGHT

Fluffing rice right before serving is an essential step! A fork helps each grain keep its texture, yielding lighter results.

BUST OUT

- Small pot
- Zester
- Medium bowl
- Small bowl
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Sugar (2 tsp | 4 tsp)
- Butter (1½ TBSP | 3 TBSP)
Contains: Milk

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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1 COOK RICE

- Heat a **drizzle of oil** in a small pot over medium-high heat. Add **¼ tsp curry powder** (**½ tsp for 4 servings**); cook, stirring, until fragrant, 30 seconds (**you'll use more curry powder later**).
- Stir in **rice, half the stock concentrates, ¾ cup water** (**1½ cups for 4**), and **salt** (**we used ¼ tsp; ½ tsp for 4**). 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.



4 COOK CHICKEN

- Pat **chicken*** dry with paper towels; season all over with **salt, pepper, and remaining curry powder**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken; cook until browned and cooked through, 3-5 minutes per side. **TIP: If chicken begins to brown too quickly, reduce heat to medium.**
- During the last minute of cooking, reduce heat to medium and stir in **1 TBSP butter** (**2 TBSP for 4 servings**) and **remaining stock concentrate** until melted and combined. Spoon **butter mixture** over chicken to coat.

- Turn off heat; transfer to a cutting board to rest.



2 PREP

- While rice cooks, **wash and dry produce**.
- Zest and quarter **lemon** (**for 4 servings, zest one lemon and quarter both**). Roughly chop **cilantro**.



5 FINISH RICE

- Fluff **rice** with a fork; stir in **raisins, ½ TBSP butter** (**1 TBSP for 4 servings**), **¼ tsp salt** (**½ tsp for 4**), and **remaining lemon zest** to taste.



3 PICKLE CABBAGE & MIX SAUCE

- In a medium microwave-safe bowl, combine **juice from half the lemon, 2 TBSP water** (**4 TBSP for 4 servings**), and **2 tsp sugar** (**4 tsp for 4**). Stir in **cabbage**; season with **salt** and **pepper**. Microwave for 1 minute. Add juice from remaining lemon and a **big pinch of salt**. Set aside to pickle, stirring occasionally, until ready to serve.
- In a small bowl, combine **sour cream, yogurt, ¼ tsp curry powder** (**½ tsp for 4**), and a **pinch of lemon zest** to taste (**you'll use the rest of the curry powder in the next step**). Season with **salt**. Stir in **water** 1 tsp at a time until mixture reaches a drizzling consistency.



6 FINISH & SERVE

- Drain **cabbage**; stir in **half the cilantro**.
- Thinly slice **chicken** crosswise.
- Divide **rice** between bowls; top with chicken and cabbage. Drizzle chicken with **sauce** and garnish with remaining cilantro. Serve.

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