



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
Chopped Chicken Breast



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?
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THERE TOO. SCAN HERE TO GET HELP
OR GIVE US A CALL AT (646) 846-3663.

*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 FRESH

HELLO

COCONUT MILK

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

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

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

- 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°.