



Malaysian Style Coconutty Chicken Curry with Courgette and Zesty Rice

Classic 30 Minutes • Medium Spice • 1.5 of your 5 a day

10



Echalion Shallot



Courgette



Garlic Clove



Lime



Coriander



Jasmine Rice



Diced Chicken Thigh



Kuala Lumpur Style Curry Powder



Coconut Milk



Ketjap Manis



King Prawns



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Cooking tools, you will need:

Fine Grater (or Garlic Press), Measuring Jug, Saucepan and Frying Pan.

Ingredients

	2P	3P	4P
Echalion Shallot**	1	1	2
Courgette**	1	2	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Lime**	1	1	1
Coriander**	1 bunch	1 bunch	1 bunch
Water for the Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Diced Chicken Thigh**	280g	420g	450g
Kuala Lumpur Style Curry Powder	1 small pot	¾ large pot	1 large pot
Coconut Milk	200ml	300ml	400ml
Water for the Curry*	50ml	75ml	100ml
King Prawns 5)**	150g	250g	300g
Ketjap Manis 11) 13)	1 sachet	1 sachet	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	537g	100g
Energy (kJ/kcal)	3241 / 775	603 / 144
Fat (g)	32	6
Sat. Fat (g)	20	4
Carbohydrate (g)	83	15
Sugars (g)	17	3
Protein (g)	40	7
Salt (g)	0.66	0.12
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	612g	100g
Energy (kJ/kcal)	3435 / 821	561 / 134
Fat (g)	33	5
Sat. Fat (g)	20	3
Carbohydrate (g)	83	14
Sugars (g)	17	3
Protein (g)	51	8
Salt (g)	1.65	0.27

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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The Fresh Farm
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Get Prepped

Halve, peel and chop the **shallot** into small pieces. Trim the **courgette** then quarter lengthways. Chop widthways into small pieces. Peel and grate the **garlic** (or use a garlic press). Zest the **lime** and cut into wedges. Roughly chop the **coriander**.



Simmer

Add the **coconut milk**, **water** for the curry (see ingredients for amount) the **courgette** and season with **salt** and **pepper**. Stir well, bring to the boil, reduce heat slightly and simmer with a lid (or some foil) for 4-5 mins. Remove the lid and continue to simmer until thickened slightly and the **courgette** is tender, 4-5 mins. Stir occasionally. **IMPORTANT: The chicken is cooked when it is no longer pink in the middle.**

CUSTOM RECIPE

If you've added **prawns** to your meal, when you remove the lid, stir the **prawns** into the **curry** and bring to the boil, then cook until the **sauce** has thickened and the **prawns** are cooked through, another 4-5 mins. **IMPORTANT: The prawns are cooked when pink on the outside and opaque in the centre.**



Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add 0.25 tsp of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).



Finish Up

When the **curry** is cooked, add the **ketjap manis**, a squeeze of **lime juice** and **half** the **coriander**. Stir together to combine. Taste and season with **salt** and **pepper** if you like. Stir the **lime zest** through the **rice**.



Start the Curry!

Meanwhile, heat a drizzle of **oil** in a large frying pan over medium-high heat. Once hot, add the **diced chicken** and stir fry until golden brown all over, 5-6 mins. Add the **shallot** and cook, stirring occasionally, until softened, 4-5 mins. Add the **curry powder** and **garlic** and cook, stirring, for 1 min.



Serve

Divide the **rice** between bowls with the **curry** on top. Top with remaining **coriander** and any remaining **lime wedges**.

Enjoy!