



Sri Lankan Chicken Curry

with Green Beans & Basmati Rice

Grab your Meal Kit with this symbol



Basmati Rice



Brown Onion



Green Beans



Garlic



Ginger



Carrot



Tomato



Coriander



Chicken Thigh



Sri Lankan Spice Blend



Tomato Paste



Coconut Cream



Chicken Stock

Hands-on: **20-30 mins**
Ready in: **30-40 mins**

Naturally gluten-free
Not suitable for Coeliacs

Eat me early

This flavour-packed chicken curry ticks all the boxes. Cooked in creamy coconut milk? Tick. Packed with aromatic flavours? Tick. Served with fluffy basmati rice? Tick. It's going to be your favourite recipe yet.

Unfortunately, this week's zucchini was in short supply, so we've replaced it with carrot. Don't worry, the recipe will be just as delicious!

Pantry items

Olive Oil, Sugar

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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water* (for the rice)	1½ cups	3 cups
basmati rice	1 packet	2 packets
brown onion	1	2
green beans	1 bag (100g)	1 bag (200g)
garlic	2 cloves	4 cloves
ginger	1 knob	2 knobs
carrot	1	2
tomato	1	2
coriander	1 bag	1 bag
chicken thigh	1 small packet	1 large packet
Sri Lankan spice blend	1 sachet	2 sachets
tomato paste	1 sachet	2 sachets
water* (for the curry)	¼ cup	½ cup
coconut cream	200ml	400ml
sugar*	1 tsp	2 tsp
chicken stock	1 cube	2 cubes

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3810kJ (910Cal)	549kJ (131Cal)
Protein (g)	44.4g	6.4g
Fat, total (g)	40.6g	5.8g
- saturated (g)	27g	3.9g
Carbohydrate (g)	84.8g	12.2g
- sugars (g)	19.2g	2.8g
Sodium (mg)	799mg	115mg

Allergens

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



1. Cook the rice

In a medium saucepan, add the **water (for the rice)** and bring to the boil. 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!



2. Get prepped

While the rice is cooking, finely chop the **brown onion**. Trim and cut the **green beans** into 2cm pieces. Finely grate the **garlic** (or use a garlic press) and **ginger**. Thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **tomato**. Roughly chop the **coriander**. Cut the **chicken thigh** into 2cm chunks.



3. Cook the chicken

In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. Working in batches, add the **chicken** and cook, tossing, until browned and cooked through, **5-6 minutes**. Transfer to a plate.

TIP: Chicken is cooked through when it's no longer pink inside.



4. Start the curry

SPICY! The **Sri Lankan spice blend** is spicy, use less if you're sensitive to heat. Return the pan to a medium-high heat with a **drizzle** more **olive oil** if needed. Add the **onion** and **carrot** and cook until softened, **4-5 minutes**. Add the **garlic**, **ginger**, **Sri Lankan spice blend** and **tomato paste**. Cook, stirring, until fragrant, **1-2 minutes**.



5. Finish the curry

Add the **water (for the curry)**, **coconut cream**, **tomato**, **green beans**, **sugar**, crumbled **chicken stock** (**1 cube for 2 people / 2 cubes for 4 people**) and a **generous pinch** of **salt**. Stir to combine and bring to the boil. Reduce the heat to medium and simmer until the curry has thickened and the veggies are tender, **6-7 minutes**. Return the **chicken** (plus any resting juices) to the pan. Season to taste.

TIP: Add a splash of water if the curry is too thick.



6. Serve up

Divide the basmati rice between bowls and top with the Sri Lankan chicken curry. Garnish with the coriander.

Enjoy!