



COCONUT CURRY CHICKEN

with Kale over Basmati Rice

INGREDIENTS

2 PERSON | 4 PERSON



½ Cup | 1 Cup
Basmati Rice



4 oz | 8 oz
Kale



10 oz | 20 oz
Chicken Breast
Strips



1.5 oz | 3 oz
Tomato Paste



1 TBSP | 2 TBSP
Curry Powder



1 tsp | 2 tsp
Paprika



1 tsp | 1 tsp
Chili Flakes



5.07 oz | 10.14 oz
Coconut Milk
Contains: Tree Nuts



2 TBSP | 4 TBSP
Sour Cream
Contains: Milk

HELLO

COCONUT MILK

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



PREP: 0 MIN | COOK: 25 MIN | CALORIES: 720



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
- Large pan
- Paper towels
- Kosher salt
- Black pepper
- Vegetable oil (1 TBSP | 1 TBSP)
- Sugar (2 tsp | 4 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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1 COOK RICE

- In a small pot, combine **rice**, **¾ cup water**, 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.
- **4 SERVINGS:** Use **1½ cups water**.



2 COOK KALE

- While rice cooks, **wash and dry produce**.
- Remove and discard any large stems from **kale**.
- Heat a large drizzle of **oil** in a large pan over medium-high heat. Add kale and season with **salt** and **pepper**. Cook, stirring occasionally, until tender, 5-7 minutes. Turn off heat; transfer to a plate.
- **TIP:** Add a splash of water to help soften kale, if necessary.



3 COOK CHICKEN

- While kale cooks, pat **chicken*** dry with paper towels and season all over with **salt** and **pepper**.
- Once kale is done, heat a 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 to medium.



4 ADD SPICES

- 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.



5 FINISH CURRY

- Stir in **coconut milk**, **¼ cup water**, **2 tsp sugar**, **1 TBSP butter**, and a big pinch of **salt**. Bring to a simmer, then reduce heat to low. Cook until thickened, 2-3 minutes more.
- Add **kale** and **sour cream**; stir to combine. Taste and season with **salt** and **pepper**. Turn off heat.
- **4 SERVINGS:** Use **1/3 cup water**, **4 tsp sugar**, and **2 TBSP butter**.



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. Serve.

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