



Japanese-Style Chicken Curry Bowls with Green Onion Rice

30 Minutes

Customized Protein

+ Add

Swap

or

x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

Swap



Chicken Breasts
2 | 4

Swap



Tofu
1 | 2

x2 Double



Chicken Thighs
560 g | 1120 g



Chicken Thighs
280 g | 560 g



Green Onion
1 | 2



Carrot
1 | 2



Yellow Onion
1 | 2



Gravy Spice Blend
2 tbsp | 4 tbsp



Dal Spice Blend
1 tbsp | 2 tbsp



Soy Sauce
1 tbsp | 2 tbsp



Jasmine Rice
3/4 cup | 1 1/2 cups

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.
Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



Cook rice

- Before starting, wash and dry all produce.

- To a medium pot, add **1 cup** (2 cups) **water** and **½ tsp** (¼ tsp) **salt**. Cover and bring to a boil over high heat.
- Using a strainer, rinse **rice** until water runs clear.
- To the boiling water, add **rice**, then reduce heat to low. Cover and cook for 12-15 min, until **rice** is tender and liquid is absorbed.
- Remove from heat. Set aside, still covered.

2



Prep

🔄 Swap | **Chicken Breasts**

🔄 Swap | **Tofu**

✖2 Double | **Chicken Thighs**

- Peel, then halve **carrot** lengthwise. Cut into ¼-inch half-moons.
- Peel, then cut **onion** into ½-inch pieces.
- Thinly slice **green onion**.
- Pat **chicken** dry with paper towels. On a separate cutting board, cut **chicken** into 1-inch pieces. Season with **salt** and **pepper**.

3



Sear chicken

- Heat a large non-stick pan over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl to melt.
- Add **chicken**. (**NOTE:** Don't overcrowd the pan. Sear chicken in batches, if needed.) Cook for 3-5 min, tossing occasionally, until golden. (**NOTE:** Chicken will finish cooking in step 5.)
- Remove from heat, then transfer **chicken** to a plate.

4



Cook veggies

- Reheat the same pan over medium.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then **onions** and **carrots**. Cook for 3-4 min, stirring often, until **veggies** are almost tender.

5



Make curry

- Sprinkle **Dal Spice Blend** and **Gravy Spice Blend** over **veggies**. Cook for 1 min, stirring often, until fragrant and **veggies** are coated.
- Add **1 ¼ cups** (2 cups) **water** and **soy sauce**. Bring to a simmer.
- Return **chicken** to pan, then reduce heat to medium-low. Cook for 4-6 min, stirring often, until **curry** thickens and **chicken** is cooked through.**
- Season with **salt** and **pepper**, if you like. (**TIP:** If you prefer a lighter curry, add more water, 2 tbsp at a time.)

6



Finish and serve

- Fluff **rice** with a fork, then stir in **half the green onions** and **1 tbsp** (2 tbsp) **butter**.
- Divide **rice** between bowls, then push to one side of the bowl. Add **curry** to the other side of the bowl.
- Sprinkle **remaining green onions** over top.

Measurements within steps

1 tbsp	(2 tbsp)	oil
2-serving	4-serving	Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. 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.

2 | Prep

🔄 Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, prep and cook in the same way the recipe instructs you to prep and cook the **chicken thighs**.

2 | Prep

🔄 Swap | **Tofu**

If you've opted to get **tofu**, pat **tofu** dry with paper towels. Using a fork, poke **tofu** all over, then cut into 1-inch pieces. Season **tofu** the same way the recipe instructs you to season the **chicken**. Cook for 6-7 min, turning occasionally, until crispy and browned all over. Follow the rest of the recipe as written.

2 | Prep

✖2 Double | **Chicken Thighs**

If you've opted for **double chicken**, prep and cook in the same way the recipe instructs you to prep and cook the **regular portion of chicken**. Work in batches if necessary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum temperature of 165°F.