



Quick Japanese-Style Chicken Curry with Edamame and Fragrant Rice

Protein Plus

20 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	 Swap	 Double
		
Chicken Thighs 280 g 560 g	Tofu 1 2	Chicken Breasts 4 8



	
Chicken Breasts 2 4	Moo Shu Spice Blend 4.5 g 9 g
	
Miso Broth Concentrate 1 2	Gravy Spice Blend 20 g 40 g
	
Curry Paste 2 tbsp 4 tbsp	Soy Sauce ½ tbsp 1 tbsp
	
Jasmine Rice ¾ cup 1 ½ cups	Edamame 56 g 113 g
	
Mirepoix 113 g 227 g	Green Onion 2 4

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.*

Ingredient quantities 56 g | 113 g
2-serving | 4-serving

Pantry items | Oil, butter, salt, pepper

Cooking utensils | Baking sheet, large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, strainer

1



Cook rice

- Before starting, preheat the oven to 450°F.
- Add **1 cup** (2 cups) **water** and **1/8 tsp** (1/4 tsp) **salt** to a medium pot. Cover and bring to a boil over high.
- Wash and dry all produce.
- Using a strainer, rinse **rice** until water runs clear.
- To the **boiling water**, add **rice**. Cover and reduce heat to medium-low. Cook for 12-15 min, until **rice** is tender and water is absorbed. Remove from heat. Set aside, still covered.

4



Make sauce

- Sprinkle over **Gravy Spice Blend**. Cook for 30 sec, stirring constantly, until fragrant.
- Add **edamame**, **curry paste**, **1 1/4 cups** (2 1/2 cups) **water** and **broth concentrate**. Bring to a boil over high. Once boiling, reduce heat to medium-low. Cook for 5-6 min, stirring occasionally, until slightly thickened.
- Remove from heat, then stir in **soy sauce**. Season with **salt** and **pepper**, if you like.

2



Prep and cook chicken

🔄 Swap | **Chicken Thighs**

🔄 Swap | **Tofu**

✖2 Double | **Chicken Breasts**

- Meanwhile, pat **chicken** dry with paper towels. Sprinkle over **half the Moo Shu Spice Blend** (use all for 4 servings), then season with **pepper**.
- In a large non-stick pan, heat **1 tbsp** (2 tbsp) **oil** over medium-high. When hot, add **chicken**. (**NOTE:** Don't crowd the pan; cook chicken in 2 batches if needed.) Cook for 1-2 min per side, until golden.
- Transfer **chicken** to an unlined baking sheet. Roast in the **middle** of the oven for 10-12 min, until cooked through.**

5



Finish chicken

- While **curry** simmers, thinly slice **green onions**.
- Once **chicken** is cooked through, thinly slice.
- To the pan with **curry sauce**, add **chicken** and **any juices** from the baking sheet.

3



Cook veggies

- To the same pan, add **1 tbsp** (2 tbsp) **butter**. Swirl the pan to melt.
- Add **mirepoix**. Cook 2-3 min, stirring occasionally, until tender-crisp. Season with **salt** and **pepper**.

6



Finish and serve

- Fluff **rice** with a fork, then stir in **half the green onions**.
- Divide **rice** between bowls.
- Top with **chicken curry**.
- 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 and cook chicken

🔄 Swap | **Chicken Thighs**

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

2 | Prep and cook tofu

🔄 Swap | **Tofu**

If you've opted to get **tofu**, pat dry with paper towels. Cut **tofu** in half parallel to the cutting board. (**NOTE:** You will have two square tofu steaks per block.) Using a fork, poke **tofu** all over. Season and roast **tofu** the same way the recipe instructs you to season and roast **chicken**, decreasing roasting time to 6-8 min, until golden.

2 | Prep and cook chicken

✖2 Double | **Chicken Breasts**

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 internal temperature of 165°F.