

HELLO Quick Japanese-Style Chicken Curry With Edamane and Fragrant Rice

with Edamame and Fragrant Rice

Protein Plus

20 Minutes







Thighs 4 280 g | 560 g





Chicken Breasts •



4.5 g | 9 g

Gravy Spice

Blend 20 g | 40 g



Concentrate



Curry Paste



Soy Sauce

2 tbsp | 4 tbsp



Jasmine Rice 34 cup | 1 ½ cups



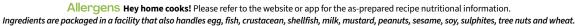


Mirepoix 113 g | 227 g

Ingredient quantities



Green Onion 2 4



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



Cook rice

- Before starting, preheat the oven to 450°F.
- Add 1 cup (2 cups) water and 1/2 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.



Prep and cook chicken

Swap | Chicken Thighs

🚫 Swap | Tofu

😡 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.**



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.



Make sauce

- Sprinkle over Gravy Spice Blend. Cook for 30 sec, stirring constantly, until fragrant.
- Add edamame, curry paste, 1 ¼ cups
 (2 ½ 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.



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.



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)

rving Ingredient

oil

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.