

# Japanese-Style Chicken Curry Bowls

with Green Onion Rice

30 Minutes







Breasts •

560 g | 1120 g

Chicken Thighs •

Green Onion

280 g | 560 g





1 2





**Gravy Spice** Blend



2 tbsp | 4 tbsp

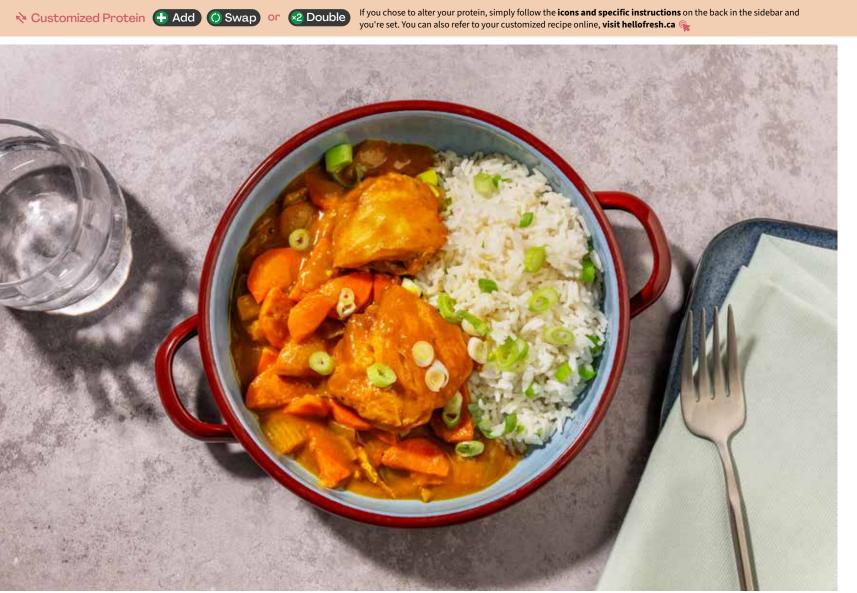
Dal Spice Blend 1 tbsp | 2 tbsp



Soy Sauce 1 tbsp | 2 tbsp



Jasmine Rice 34 cup | 1 ½ 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.



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



## Cook rice

- Before starting, wash and dry all produce.
- To a medium pot, add 1 cup (2 cups) water and 1/8 tsp (1/4 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.



## Prep

- 🔘 Swap | Chicken Breasts
- 🚺 Swap | Tofu 🕽
- 2 Double | Chicken Thighs
- Peel, then halve carrot lengthwise. Cut into 1/4-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**.



# 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.



# 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.



# 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.)



## 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

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

#### 🗘 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.