



MAY 2017

# Bangladeshi Chicken Curry

with Cauliflower, Zucchini and Mint Chuntesy

This fresh, fragrant curry gets its flavour from a delicious Bangladeshi curry powder. A mild yet tasty base of ginger, garlic, mild chili powder and spices is revived with fresh lime and creamy crema, all on a bed of pillowy rice. Divine!



Chicken Thighs



Basmati Rice



Cauliflower



Zucchini



Onion



Garlic



Ginger



Bangladeshi Curry Powder



Spicy Chili Powder



Lime



Mint



Vegetable Broth Concentrate



Sour Cream

## Ingredients

	2 People	4 People
Chicken Thighs, cubed	1 pkg (340 g)	2 pkg (680 g)
Basmati Rice	1 pkg (170 g)	2 pkg (340 g)
Cauliflower, rosettes	1 pkg (285 g)	2 pkg (570 g)
Zucchini	1	2
Onion, chopped	1 pkg (113 g)	2 pkg (227 g)
Ginger	30 g	60 g
Garlic	1 pkg (10 g)	2 pkg (20 g)
Bangladeshi Curry Powder	1 pkg (2 tbsp)	2 pkg (4 tbsp)
Spicy Chili Powder	1 pkg (1 tsp)	1 pkg (1 tsp)
Lime	1	2
Mint	1 pkg (10 g)	1 pkg (10 g)
Vegetable Broth Concentrate	1 pkg	2 pkg
Sour Cream	3 pkg (½ cup)	6 pkg (1 cup)
Sugar*	½ tsp	½ tsp
Olive or Canola Oil*		

\*Not Included

## Allergens

- 1) Milk/Lait
- 2) Sulphites/Sulfites

## Tools

Measuring Spoons, Medium Pot, Measuring Cups, Large Non-Stick Pan, Small Bowl

**Nutrition per person** Calories: 785 cal | Fat: 22 g | Protein: 50 g | Carbs: 103 g | Fibre: 9 g | Sodium: 660 mg

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

1



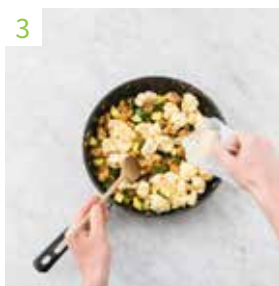
**1 Prep: Wash and dry all produce.** Cut the **zucchini** into ½-inch cubes. Mince or grate the **garlic**. Peel and mince **1 tbsp ginger** (double for 4 people). Cut the **lime(s)** into wedges. Roughly chop the **mint leaves**. In a medium pot, bring **1½ cups salted water** (double for 4 people) to a boil.

2



**2 Make the curry:** Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **onion, curry powder** and as much **spicy chili powder** as you like. Cook, stirring occasionally, until the onion softens, 3-4 min. Add the **chicken, garlic** and **all but ¼ tsp ginger**. Cook, stirring occasionally, until the chicken is golden-brown, 4-5 min.

3



**3** Add the **broth concentrate(s), zucchini, cauliflower** and **2½ cups water** (double for 4 people). Season generously with **salt** and **pepper**. Reduce the heat to medium-low and simmer until the sauce thickens slightly, 10-12 min.

5



**4 Cook the rice:** Meanwhile, add the **rice** to the boiling water. Reduce the heat to low. Cover with a lid, and cook until the rice is tender and the water has been absorbed, 10-12 min.

**5 Make the mint chutney:** Meanwhile, in a small bowl, combine the **mint, sugar, remaining ¼ tsp ginger**, squeeze of **2 lime wedges** and a drizzle of **oil**. Season with **salt**.

**6 Finish and serve:** Remove the **curry** from the heat and stir in the **sour cream**. Season with **salt** and **pepper**. Divide the **rice** between bowls and top with a hearty scoop of curry. Serve with **mint chutney** and squeeze of a **lime wedge**, if desired. Enjoy!

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