



# Creamy Chicken Korma

with Zucchini

**FAMILY** 35 Minutes



Chicken Thighs



Indian Spice



Basmati Rice



Coconut Milk



Garlic



Zucchini



Cilantro



Chili Pepper

## HELLO KORMA

*A mildly spiced curry made with coconut milk*

# Start Strong

Before starting, wash and dry all produce.

## Heat Guide for Step 6

(dbl for each measurement for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Spicy: 1 tsp
- Extra-spicy: 2 tsp

## Bust Out

Garlic Press, Paper Towels, Measuring Cups, Measuring Spoons, Medium Pot, Aluminum Foil, Large Pot

## Ingredients

	4 Person
Chicken Thighs	620 g**
Indian Spice	2 tbsp
Basmati Rice	1 ½ cup
Coconut Milk	2 can
Garlic	12 g
Zucchini	400 g
Cilantro	14 g
Chili Pepper 🌶️	2
Unsalted Butter*	1 tbsp
Salt and Pepper*	
Oil*	

\* Pantry items

\*\* Minimum weight of chicken thighs

\*\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

## Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



### 1. PREP

Cut **zucchini** in half, lengthwise, then into ½-inch thick half-moons. Roughly chop **cilantro**. Peel, then mince or grate **garlic**. Thinly slice **chili**. (NOTE: We suggest using gloves when prepping chili!) Pat **chicken** dry with paper towels, then cut into 1-inch pieces. Season with **salt** and **pepper**.



### 4. COOK CHICKEN

Using the same pot, add **1 tbsp oil**, then **chicken**. Cook, stirring occasionally, until golden-brown, 6-7 min.\*\*\* Add **Indian spice** and **remaining garlic**. Cook, stirring often, until fragrant, 1 min. Add **coconut milk**. Cook, stirring often, until slightly thickened, 3-4 min.



### 2. COOK RICE

Heat a medium pot over medium-high heat. When hot, add **1 tbsp butter**, then **half the garlic** and **rice**. Cook, stirring often, until fragrant, 1 min. Add **2 ½ cups water** and bring to a boil over high heat. Once boiling, reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.



### 5. FINISH CURRY AND RICE

Return **zucchini** and any **juices** from the plate, back to the pot. Stir to combine. Season with **salt** and **pepper**. When **rice** is done, fluff with a fork. Season with **salt** and stir in **half the cilantro**.



### 3. COOK ZUCCHINI

While **rice** cooks, heat a large pot over medium-high heat. When hot, add **1 tbsp oil**, then **zucchini**. Season with **salt** and **pepper**. Cook, stirring occasionally, until tender-crisp, 4-5 min. Transfer to a plate and cover with foil to keep warm.



### 6. FINISH AND SERVE

Divide **cilantro-garlic rice** and **chicken korma** between plates. Sprinkle over **remaining cilantro** and **½ tsp chili** (dbl for 4 ppl). (NOTE: Reference Heat Guide in Start Strong.)

## Dinner Solved!