



FOR THE
LITTLE ONES

FRESH
VEGGIES



RICE, CURRY SAUCE AND
CHICKEN SEPARATELY

MILD CURRY CHICKEN



25 MINUTES



2 SERVINGS



CHICKEN

A perfect mild chicken dish for curry beginners! Served over rice and topped with fresh cucumber and crunchy sugar snap peas.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	58g	26g	75g

FROM YOUR BOX

BASMATI RICE	150g
CHICKEN STIR-FRY STRIPS	300g
SHALLOT	1
RED CAPSICUM	1
SOUR CREAM	1 tub
SUGAR SNAP PEAS	150g
LEBANESE CUCUMBER	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground turmeric, ground paprika, curry powder

COOKING TOOLS

frypan, saucepan

You can opt for a different flavour of the chicken if you prefer! Switch spices for tarragon, oregano, tomato paste or balsamic vinegar.

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



1. COOK THE RICE

Place **rice** in a saucepan, cover with **300ml water**. Bring to a boil, cover with a lid and reduce heat to low. Cook for 10-15 minutes or until **water** is absorbed.

tip Use a rice cooker if you have one!



2. COOK THE CHICKEN & SHALLOT

Heat a frypan with **oil** over high heat. Add **chicken strips** to cook. Dice and add **shallot**. Cook for 3-5 minutes.



3. ADD CAPSICUM & SPICES

Slice and add **capsicum**. Season with **1/2 tsp turmeric, 1 tsp paprika, 2 tsp curry powder, salt and pepper**. Cook for 1-2 minutes.

tip For more flavour, add up to 1 tbsp curry powder!



4. SIMMER THE SAUCE

Stir in **sour cream** and **1/2 cup water**. Simmer, covered, over medium-low heat for 8-10 minutes.

tip For a dairy-free option you can use coconut milk instead of sour cream.



5. PREPARE THE TOPPING

Meanwhile, trim **sugar snaps** and dice **cucumber**. Set aside.



6. FINISH AND SERVE

Season **curry chicken** with **salt and pepper** to taste. Serve with **rice** and **fresh toppings** at the table.

tip We added 1 tsp white wine vinegar to balance the flavour which you can do if needed, or add a squeeze of lemon.