



FOR the
Little ones

fresh
veggies



Rice, CURRY Sauce AND
Chicken Separately



MILD CURRY CHICKEN

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

 25 Minutes

 4/6 Servings

 Chicken

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	58g/42g	26g/17g	75g/70g

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
CHICKEN STIR-FRY STRIPS	600g	600g + 300g
BROWN ONION	1	1
RED CAPSICUM	1	2
SOUR CREAM	1 tub	2 tubs
SUGAR SNAP PEAS	150g	2 x 150g
LEBANESE CUCUMBERS	2	3

FROM YOUR PANTRY

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

COOKING TOOLS

large 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 **600ml water**. Bring to a boil, cover with a lid and reduce heat to low. Cook for 10-15 minutes or until **water** is absorbed.

6P - cover rice with 900ml water.



2. COOK THE CHICKEN & ONION

Heat a large frypan with **oil** over high heat. Add **chicken strips** to cook. Dice and add **onion**. Cook for 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.

6P - season with 1 tsp turmeric, 2 tsp paprika, 3-4 tsp curry powder, salt and pepper.



4. SIMMER THE SAUCE

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

6P - stir in sour cream & 1 cup water.

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 **cucumbers**. 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 1/2 tsp white wine vinegar to balance the flavour which you can do if needed, or add a squeeze of lemon.