



GOLDEN CHICKEN CURRY

with Green Beans, Bell Peppers and Yellow Rice



HELLO

YELLOW RICE

The secret ingredient in this rice is turmeric – a spice known for its anti-inflammatory properties

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 687**



Chicken Thighs



Red Bell Pepper



Garlic



Ginger



Green Beans, trimmed



Cilantro



Mild Curry Powder



Basmati Rice



Ground Cardamom



Turmeric



Diced Tomatoes



Chicken Broth Concentrate



Red Onion, sliced

BUST OUT

- Medium Pot
- Large Non-Stick Pan
- Measuring Cups
- Salt and Pepper
- Measuring Spoons
- Olive or Canola oil
- Medium Bowl

INGREDIENTS

2-person | 4-person

- Chicken Thighs 1 pkg | 2 pkg
- Red Bell Pepper 227 g | 454 g
- Garlic 1 pkg (10 g) | 2 pkg (20 g)
- Ginger 30 g | 60 g
- Green Beans, trimmed 1 pkg (170 g) | 2 pkg (340 g)
- Cilantro 1 pkg (10 g) | 2 pkg (20 g)
- Mild Curry Powder 1 pkg (1 tbsp) | 2 pkg (2 tbsp)
- Basmati Rice 1 pkg (3/4 cup) | 2 pkg (1 1/2 cup)
- Ground Cardamon 1 pkg (1 g) | 1 pkg (1 g)
- Turmeric 1 pkg (1 g) | 1 pkg (1 g)
- Diced Tomatoes 1 can | 2 can
- Chicken Broth Concentrate 1 | 2
- Red Onion, sliced 1 pkg (56 g) | 2 pkg (113 g)

ALLERGENS | ALLERGÈNES

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

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 175°F.



START STRONG

The longer you let a curry cook, the more flavourful it will become. If you've got time on your hands, let the curry simmer on low heat for an extra few minutes!



1 PREP

Wash and dry all produce.* In a medium pot, bring **1 1/2 cups salted water** (double for 4 ppl) to a boil. Core, then cut the **bell pepper(s)** into thin strips. Mince or grate the **garlic**. Peel, then mince or grate **1 tbsp ginger** (double for 4 ppl).



4 COOK CURRY

Add the **garlic, ginger** and **remaining curry powder** to the pan. Cook for 1 min. Add the **diced tomatoes, broth concentrate(s)** and **1/4 cup water** (double for 4 people). Bring to a boil over high heat, then reduce heat to medium-low. Add the **chicken** and **beans**. Simmer until the chicken is cooked through, 5-7 min. (**TIP:** Cook to a min. internal temp. of 175°F.**)



2 PREP CHICKEN

Add the **rice**, a **pinch of cardamom** and a **pinch of turmeric** 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, 12-14 min. Meanwhile, in a medium bowl, coat the **chicken** with **half the curry powder** and a drizzle of **oil**. Season with **salt** and **pepper**.



5 FINISH RICE

Meanwhile, roughly chop the **cilantro**. When the **rice** is finished cooking, fluff with a fork and stir in **half the cilantro**. Season with **salt** and **pepper**.



3 COOK CHICKEN

Heat a large non-stick pan over medium heat. Add the **chicken** to the dry pan. Cook until golden-brown, 2-3 min per side. Transfer to a plate. (Don't worry if the chicken is not cooked through at this step!) Add a drizzle of **oil**, then the **onions** and **bell peppers**. Cook, stirring occasionally, until the peppers start to soften, 2-3 min.



6 FINISH AND SERVE

Divide the **golden rice** between bowls. Top with the **chicken curry**. Sprinkle with the **remaining cilantro**.

PERFECT!

The mild spices add delicious flavour - but not too much heat!