



Smart Chicken and Spinach Coconut Curry with Garlic Bulgur

Carb Smart

Calorie Smart

Optional Spice

30 Minutes



Ground Chicken



Garlic, cloves



Red Onion



Indian Spice Mix



Spicy Curry Paste



Bulgur Wheat



Baby Spinach



Cilantro



Coconut Milk



Chicken Broth Concentrate



Red Chili Pepper



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HELLO CURRY PASTE

This aromatic puree of spices is the base for many curries!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, medium pot, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Chicken ♦	250 g	500 g
Garlic, cloves	2	4
Red Onion	56 g	113 g
Indian Spice Mix	1 tbsp	2 tbsp
Spicy Curry Paste 🌶️	2 tbsp	4 tbsp
Bulgur Wheat	½ cup	1 cup
Baby Spinach	56 g	113 g
Cilantro	7 g	14 g
Coconut Milk	165 ml	400 ml
Chicken Broth Concentrate	1	2
Red Chili Pepper 🌶️	1	1
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	¼ tsp	½ tsp
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional 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

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1 Prep

- Peel, then cut **half the onion** into ¼-inch slices (whole onion for 4 ppl).
- Peel, then mince or grate **garlic**.
- Roughly chop **spinach**.
- Roughly chop **cilantro**.
- Finely chop **chili**, removing seeds for less heat. (**TIP:** We suggest using gloves when prepping chilis!)



4 Start curry

- Meanwhile, heat a large pot over medium-high heat.
- When hot, add **½ tbsp butter** (dbl for 4 ppl), then swirl the pot until melted, 30 sec.
- Add **onions, remaining garlic, Indian Spice Mix, chicken** and **¼ tsp sugar** (dbl for 4 ppl). Cook, breaking up **chicken** into smaller pieces, until no pink remains, 4-5 min.**
- Season with **salt** and **pepper**.



2 Boil broth

- Heat a medium pot over medium heat.
- When hot, add **½ tbsp butter** (dbl for 4 ppl), then swirl the pot until melted, 1 min.
- Add **half the garlic**. Cook, stirring often, until fragrant, 1 min.
- Add **half the broth concentrate, ¾ cup water** and **½ tsp salt** (dbl both for 4 ppl). Cover and bring to a boil over high heat.



5 Finish curry

- Add **curry paste, coconut milk, remaining broth concentrate** and **¼ cup water** (dbl for 4 ppl) to the pot with **chicken**. Bring to a boil over high.
- Once boiling, reduce heat to medium-low and simmer, stirring occasionally, until **sauce** thickens slightly, 3-4 min.
- Season with **salt** and **pepper**, to taste.
- Remove from heat.
- Add **spinach**. Stir until wilted, 1-2 min.



3 Cook bulgur

- Once boiling, add **bulgur**. Stir to combine, then cover and remove the pot from heat.
- Let stand until **bulgur** is tender and **liquid** is absorbed, 15-16 min.



6 Finish and serve

- Fluff **bulgur** with a fork.
- Divide **bulgur** between bowls. Top with **chicken curry**.
- Sprinkle with **cilantro** and **some chilis**, to taste.

Dinner Solved!