



Curried Coconut Chicken Stew & Brown Rice

with Veggies & Fresh Ginger



30min



2 Servings

The star of this dish is the irresistible curry sauce, built in layers to maximize its flavor potential. Tomatoes and onions cook down until tender, then combine with freshly grated ginger and curry powder to add a sweet and savory bite. Coconut milk adds creaminess before it's all puréed to a silky finish. Tender chicken breast strips and sautéed peppers fill out the curry stew ladled over a bed of nutty brown rice.

What we send

- 5 oz quick-cooking brown rice
- 1 oz fresh ginger
- 1 yellow onion
- 1 plum tomato
- ¼ oz fresh cilantro
- 2 (¾ oz) coconut milk powder ^{7,15}
- 10 oz pkg chicken breast strips
- 1 green bell pepper
- ¼ oz curry powder
- 1 lime

What you need

- kosher salt & ground pepper
- garlic
- sugar
- neutral oil

Tools

- medium saucepan
- fine-mesh sieve
- microplane
- medium Dutch oven or pot with lid
- immersion blender

Cooking tip

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Allergens

Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 670kcal, Fat 23g, Carbs 73g, Protein 43g



1. Make rice

Bring a medium saucepan of **salted water** to a boil. Add **rice** and boil (like pasta), stirring occasionally, until just tender, about 22 minutes. Drain rice in a fine-mesh sieve. Keep covered until ready to serve.



4. Cook peppers

Heat **1 more tablespoon oil** in same pot. Add **peppers** and cook, stirring occasionally, until browned and softened, 5-7 minutes. Transfer to bowl with **chicken**.



2. Prep ingredients

Finely grate **1 teaspoon each of ginger and garlic**. Halve **onion** and coarsely chop one half (save rest for own use). Cut **tomato** into ½-inch pieces. Pick **cilantro leaves** from **stems** (set leaves aside for step 6); finely chop stems.

In a liquid measuring cup, whisk to combine **coconut milk powder**, **⅔ cup hot tap water**, and **1 teaspoon sugar**.



5. Build sauce

Add **onions** and **tomatoes** to pot. Cook, stirring as needed, until tomatoes break down and onions are softened, 5-7 minutes. Add **cilantro stems, ginger, garlic**, and **1 ½ teaspoons curry powder**. Cook, stirring, until fragrant.

Add **coconut milk** and bring to a simmer; cook covered for 10 minutes. Season to taste with **salt** and **pepper**. Purée with immersion blender until smooth.



3. Brown chicken

Pat **chicken** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium Dutch oven over medium-high. Add chicken and cook until browned on both sides, 5-7 minutes. Transfer to a bowl.

Meanwhile, halve **pepper**, removing stem and seeds, and slice into ½-inch thick strips.







6. Finish & serve

Return **chicken and peppers** to pot with **puréed sauce** and cook until warmed through. Cut **lime** into wedges.

Fluff **rice** with a fork and spoon onto plates. Top with **chicken** and **sauce**. Garnish with **cilantro** and a **squeeze of lime**. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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