



Japanese Curry Chicken & Brown Rice

with Potatoes & Carrots

 40-50min  2 Servings

This hearty stew's rich and sweet layers of flavor come from an array of spices, vegetables, and a golden roux that ties everything together. Curry powder infuses the roux which thickens the chicken broth along with sweet apples, umami-rich mushroom seasoning, and Japanese-style BBQ sauce. Chicken, potatoes, and carrots simmer in the pot to tender perfection before we serve with hearty brown rice to soak it all up.

What we send

- 5 oz quick-cooking brown rice
- 1 yellow onion
- 2 carrots
- 1 Yukon gold potato
- 1 apple
- garlic
- 10 oz pkg chicken breast strips
- 2 (¼ oz) curry powder
- 3 pkts chicken broth concentrate
- ¼ oz mushroom seasoning
- 1.8 oz katsu sauce ^{3,2}

What you need

- kosher salt & ground pepper
- neutral oil
- 4 Tbsp unsalted butter ¹
- ¼ c all-purpose flour ²

Tools

- small saucepan
- fine-mesh sieve
- microplane or grater
- medium pot

Allergens

Milk (1), Wheat (2), Soy (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

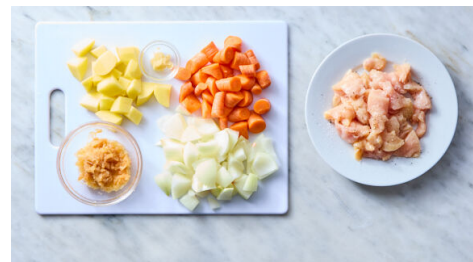
Nutrition per serving

Calories 990kcal, Fat 36g, Carbs 124g, Protein 48g



1. Cook brown rice

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



2. Prep ingredients

Meanwhile, cut **onion** and **carrots** into ¾-inch pieces, keeping separate. Peel **potato**; cut into ¾-inch pieces. Peel **apple**; into a small bowl, finely grate half (save or snack on remaining apple). Finely grate **2 medium cloves garlic**. Pat **chicken** dry; cut into bite-sized pieces if necessary. Season with **salt** and **pepper**.



3. Cook chicken & roux

In a medium pot, heat **1 tablespoon oil** over medium-high. Add **chicken** in a single layer; cook until lightly browned on 1 side, 2-3 minutes. Transfer to a plate. Lower heat to medium; melt **4 tablespoons butter**. Add **¼ cup flour**; cook whisking constantly, until flour is golden brown with a color similar to peanut butter, 4-6 minutes.



4. Cook aromatics

Add **onions** and a **pinch of salt** to pot. Cook, stirring frequently, until onions are softened, about 5 minutes. Add **curry powder** and **garlic**; cook, stirring constantly, until fragrant, about 1 minute. Gradually stir in **2½ cups water, grated apple, broth concentrate, mushroom seasoning, and katsu sauce**.



5. Simmer curry

Bring **sauce** to a boil over high heat; stir in **potatoes** and **carrots**. Lower heat to maintain a gentle simmer. Cover and simmer, stirring occasionally, until potatoes and carrots are tender, 20-25 minutes. Once vegetables are tender, stir in **reserved chicken**. Simmer until chicken is just cooked through and warm, 1-2 minutes.



6. Finish & serve

Season **curry** to taste with **salt** and **pepper**. Fluff **rice** with a fork. Divide **rice and curry** among bowls. Enjoy!