

# MARLEY SPOON



## Curried Coconut Daring Plant Chicken Stew

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 plant chicken and sautéed peppers fill out the curry stew ladled over a bed of fluffy jasmine rice.

## What we send

- 5 oz jasmine rice
- 1 oz fresh ginger
- garlic
- 1 yellow onion
- 2 plum tomatoes
- ¼ oz fresh cilantro
- 2 (¾ oz) coconut milk powder <sup>7,15</sup>
- 8 oz pkg plant-based chicken <sup>6</sup>
- 1 green bell pepper
- ¼ oz curry powder
- 1 lime

## What you need

- kosher salt & ground pepper
- sugar
- neutral oil

## Tools

- small saucepan
- microplane
- medium Dutch oven or pot with lid
- immersion blender

## Cooking tip

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## Allergens

Soy (6), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 680kcal, Fat 23g, Carbs 88g, Protein 33g



### 1. Make rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**. Bring to a boil. Cover and cook over low until rice is tender and liquid is absorbed, about 17 minutes.

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 **plant-based 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 **tomatoes** 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 **1½ 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 plant-based chicken

Pat **plant-based chicken** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium Dutch oven over medium-high. Add plant-based 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 **plant-based 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 **plant-based chicken and sauce**. Garnish with **cilantro** and a **squeeze of lime**. Enjoy!