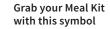
# Thai Red Chicken Curry

with Asian Greens & Jasmine Rice

TAKEAWAY FAVES











Asian Greens





Garlic Paste



Coconut Milk





Prep in: 20-30 mins Ready in: 30-40 mins

Who needs takeaway when you can whip up this creamy curry with a kick. Our Thai red curry paste is the not so secret ingredient, adding a depth of flavour that's the perfect ratio of savoury to sweet.



Eat Me Early

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

| 11191 001101                 |                 |                                      |  |  |
|------------------------------|-----------------|--------------------------------------|--|--|
|                              | 2 People        | 4 People                             |  |  |
| olive oil*                   | refer to method | refer to method                      |  |  |
| water*                       | 1¼ cups         | 2½ cups                              |  |  |
| jasmine rice                 | 1 medium packet | 1 large packet                       |  |  |
| capsicum                     | 1               | 2                                    |  |  |
| Asian greens                 | 1 bunch         | 2 bunches                            |  |  |
| chicken breast               | 1 small packet  | 2 small packets<br>OR 1 large packet |  |  |
| garlic paste                 | 1 packet        | 2 packets                            |  |  |
| mild Thai red<br>curry paste | 1 medium sachet | 2 medium sachets                     |  |  |
| coconut milk                 | 1 medium packet | 2 medium packets                     |  |  |
| soy sauce*                   | ½ tbs           | 1 tbs                                |  |  |
| sugar*                       | 1 tsp           | 2 tsp                                |  |  |
| chicken breast**             | 1 small packet  | 2 small packets<br>OR 1 large packet |  |  |
|                              |                 |                                      |  |  |

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3368kJ (805Cal) | 556kJ (133Cal) |
| Protein (g)      | 46.7g           | 7.7g           |
| Fat, total (g)   | 27.6g           | 4.6g           |
| - saturated (g)  | 16.5g           | 2.7g           |
| Carbohydrate (g) | 87.2g           | 14.4g          |
| - sugars (g)     | 21.3g           | 3.5g           |
| Sodium (mg)      | 2079mg          | 343mg          |

#### **Custom Recipe**

| Avg Qty          | Per Serving            | Per 100g              |
|------------------|------------------------|-----------------------|
| Energy (kJ)      | <b>4175kJ</b> (998Cal) | <b>541kJ</b> (129Cal) |
| Protein (g)      | 77.1g                  | 10g                   |
| Fat, total (g)   | 35.4g                  | 4.6g                  |
| - saturated (g)  | 18.9g                  | 2.5g                  |
| Carbohydrate (g) | 87.2g                  | 11.3g                 |
| - sugars (g)     | 21.3g                  | 2.8g                  |
| Sodium (mg)      | 2182mg                 | 283mg                 |

The quantities provided above are averages only.

## **Allergens**

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Cook the rice

- Add the water to a medium saucepan and bring to the boil. Add jasmine rice, stir, cover with a lid and reduce the heat to low.
- Cook for 12 minutes, then remove pan from the heat. Keep covered until the rice is tender and all the water is absorbed. 10-15 minutes.

**TIP:** The rice will finish cooking in its own steam, so don't peek!



# Get prepped

- While rice is cooking, chop capsicum into bite-sized chunks.
- · Roughly chop Asian greens.
- · Cut chicken breast into 2cm chunks.

**Custom Recipe:** If you've doubled your chicken breast, cut extra chicken into 2cm chunks.



#### Brown the chicken

In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, add chicken and cook, tossing occasionally, until browned,
 5-6 minutes. Add garlic paste and cook until fragrant, 1 minute (chicken will finish cooking in step 5!).

**Custom Recipe:** Cook chicken in batches. Return all chicken to pan before continuing with the next step.



# Add the veggies

 Reduce heat to medium-high. Add capsicum and cook, tossing, until starting to soften,
 4-5 minutes.



## Make the curry

- SPICY! This is a mild paste, but use less if you're sensitive to heat! Add mild Thai red curry paste and cook, tossing, until coated and fragrant, 1 minute.
- Add coconut milk, the soy sauce, the sugar,
  Asian greens and a splash of water and stir to combine.
- Reduce heat to low and simmer until the chicken is cooked through and the veggies are tender,
   2-3 minutes.

**TIP:** Chicken is cooked through when it's no longer pink inside.



# Serve up

- Divide the jasmine rice between bowls.
- Top with the Thai red chicken curry to serve. Enjoy!



Scan here if you have any questions or concerns





#### Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate