



# Thai Red Chicken Curry

with Asian Greens & Jasmine Rice

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Jasmine Rice



Capsicum



Asian Greens



Chicken Breast



Garlic Paste



Mild Thai Red Curry Paste



Coconut Milk



Chicken Breast

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

Eat Me Early

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.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Soy Sauce, Sugar



## 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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>water*</b>	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 OR 1 large packet
garlic paste	1 packet	2 packets
mild Thai red curry paste	1 medium sachet	2 medium sachets
coconut milk	1 medium packet	2 medium packets
<b>soy sauce*</b>	½ tbs	1 tbs
<b>sugar*</b>	1 tsp	2 tsp
chicken breast**	1 small packet	2 small packets OR 1 large packet

\*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)	4175kJ (998Cal)	541kJ (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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



1



## 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!

4



## Add the veggies

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

2



## 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.

5



## 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.

3



## 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.

6



## Serve up

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

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)