



Mild Thai Red Chicken Curry

with Quick-Prep Green Veggies & Jasmine Rice

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Jasmine Rice



Chicken Breast



Green Veg Mix



Garlic Paste



Mild Thai Red Curry Paste



Coconut Milk



Chicken Breast

Prep in: 10-20 mins
Ready in: 30-40 mins

Eat Me Early

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

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

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
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
chicken breast	1 small packet	2 small packets OR 1 large packet
green veg mix	1 medium bag	1 large bag
garlic paste	1 packet	2 packets
mild Thai red curry paste	1 packet	2 packets
coconut milk	1 packet	2 packets
soy sauce*	½ tbs	1 tbs
sugar*	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)	3343kJ (799Cal)	590kJ (141Cal)
Protein (g)	47.5g	8.4g
Fat, total (g)	28.1g	5g
- saturated (g)	16.8g	3g
Carbohydrate (g)	84.6g	14.9g
- sugars (g)	16.6g	2.9g
Sodium (mg)	2081mg	368mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4096kJ (979Cal)	560kJ (134Cal)
Protein (g)	81.4g	11.1g
Fat, total (g)	32.8g	4.5g
- saturated (g)	18.2g	2.5g
Carbohydrate (g)	84.6g	11.6g
- sugars (g)	16.6g	2.3g
Sodium (mg)	2165mg	296mg

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.

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 the pan from the heat and keep covered for another **10-15 minutes**, or until the rice is tender and all the water is absorbed.

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

3



Finish the curry

- Add **garlic paste** and **mild Thai red curry paste** and cook, tossing, until coated and fragrant, **1 minute**.
- Add cooked **chicken**, **coconut milk**, the **soy sauce**, the **sugar**, and a splash of **water**, and stir to combine.
- Reduce heat to low and simmer until slightly thickened and the chicken is cooked through, **2-3 minutes**.

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

2



Start the curry

- While the rice is cooking, cut **chicken breast** into 2cm chunks.
- 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**. Transfer to a bowl.
- Return frying pan to medium-high heat with a drizzle of **olive oil**, and cook **green veg mix**, tossing, until softened, **5-6 minutes**.

TIP: The chicken will finish cooking in step 3!

Custom Recipe: If you've doubled your chicken breast, prepare chicken as above. Cook chicken in batches for best results.

4



Serve up

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

Rate your recipe

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