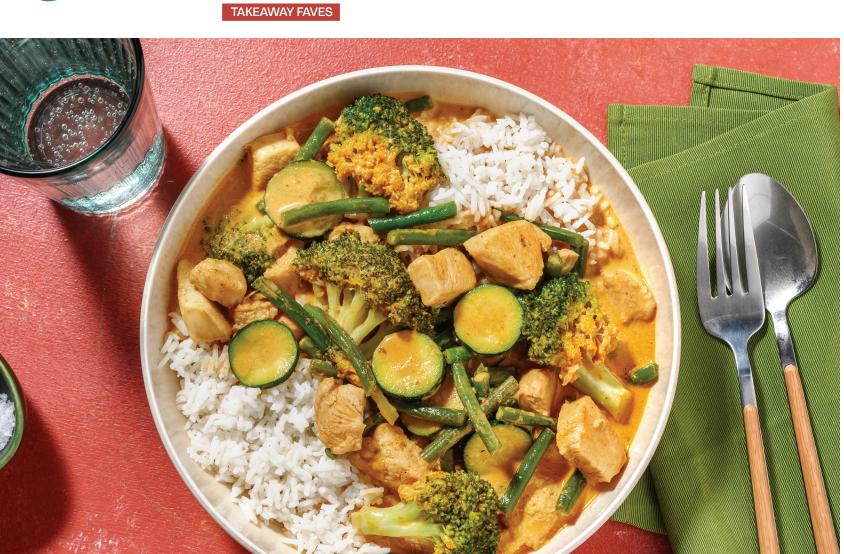
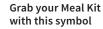
Mild Thai Red Chicken Curry

with Quick-Prep Green Veggies & Jasmine Rice













Green Veg



Garlic Paste



Red Curry Paste



Coconut Milk





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

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



Eat Me Early

ingredient, adding a depth of flavour that's the perfect ratio of savoury to sweet.

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

g. •••				
	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.



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!



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.



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.



Serve up

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



Scan here if you have any questions or concerns



