



# Mild Thai Red Chicken Curry & Brown Rice

with Asian Greens & Bamboo Shoots

TAKEAWAY FAVES

FEEL GOOD TAKEAWAY

Grab your meal kit with this number

41



Brown Rice



Bamboo Shoots



Asian Greens



Chicken Breast



Garlic Paste



Mild Thai Red Curry Paste



Coconut Milk



Chicken Breast



Peeled Prawns

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.

### Pantry items

Olive Oil, Soy Sauce, Sugar

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
brown rice	1 medium packet	1 large packet
bamboo shoots	½ packet	1 packet
Asian greens	1 packet	2 packets
chicken breast	1 medium packet	2 medium packets OR 1 large packet
garlic paste	1 packet	2 packets
mild Thai red curry paste	1 packet	2 packets
coconut milk	1 packet	2 packets
<b>soy sauce*</b>	½ tbs	1 tbs
<b>sugar*</b>	1 tsp	2 tsp

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3025kJ (723Cal)	553kJ (132Cal)
Protein (g)	47.1g	8.6g
Fat, total (g)	28.9g	5.3g
- saturated (g)	17.3g	3.2g
Carbohydrate (g)	64.4g	11.8g
- sugars (g)	15.4g	2.8g
Sodium (mg)	2068mg	378mg
Dietary Fibre (g)	8g	1.5g

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.

1



## Cook the rice

- Half-fill a medium saucepan with water. Add **brown rice** and a generous pinch of **salt**.
- Bring to a boil over high heat and cook, uncovered, until tender, **25-30 minutes**. Drain and return to saucepan.

2



## Get prepped

- While the rice is cooking, drain **bamboo shoots** (see ingredients).
- Roughly chop **Asian greens**.
- Cut **chicken breast** into 2cm chunks.

3



## Brown the chicken

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

4



## Add the veggies

- **SPICY!** This is a mild paste, but use less if you're sensitive to heat! Reduce heat to medium-high. Add **mild Thai red curry paste** and cook, stirring, until coated and fragrant, **1 minute**.
- Add **coconut milk**, the **soy sauce**, **sugar**, **bamboo shoots**, **Asian greens** and a splash of **water** and stir to combine.

5



## Make the curry

- Reduce heat to low and simmer until the chicken is cooked through and the veggies are tender, **3-4 minutes**.

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

6



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns



### CUSTOM OPTIONS

**+** **DOUBLE CHICKEN BREAST**  
Follow method above, cooking in batches if necessary.

**↻** **SWAP TO PEELED PRAWNS**  
Bring curry to a simmer, add prawns and cook until pink and starting to curl up, 3-4 minutes. Add a splash of water if necessary!

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

