

Thai-Style Chicken & Green Bean Curry

with Asian Greens & Garlic Rice

FEEL-GOOD TAKEAWAY

NEW

Grab your meal kit with this number

41



Garlic



White Rice



Asian Greens



Green Beans



Lemon



Chicken Breast



Satay Seasoning



Ginger Lemongrass Paste



Coconut Milk



Chilli Flakes (Optional)



Chicken Breast



Peeled Prawns

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



Protein Rich



Eat Me Early

A bowl of chicken curry is just what the doctor ordered. This one comes laced with Thai flavours that soak up the rice, chicken and veggies to perfection. A sprinkling of chilli flakes will also help kicking things up a notch.

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Brown 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 with a lid · Large frying pan

Ingredients

| | 2 People | 4 People |
|--|-----------------|---------------------------------------|
| olive oil* | refer to method | refer to method |
| garlic | 1 clove | 2 cloves |
| white rice | 1 medium packet | 1 large packet |
| water* (for the rice) | 1 ¼ cups | 2 ½ cups |
| Asian greens | 1 packet | 2 packets |
| green beans | 1 small packet | 1 medium packet |
| lemon | ½ | 1 |
| chicken breast | 1 medium packet | 2 medium packets OR 1 large packet |
| satay seasoning | 1 sachet | 2 sachets |
| ginger | 1 packet | 2 packets |
| lemongrass paste | 1 packet | 2 packets |
| coconut milk | 1 packet | 2 packets |
| salt* | ¼ tsp | ½ tsp |
| vinegar* (white wine or rice wine) | 1 tsp | 2 tsp |
| water* (for the curry) | ¾ cup | 1 ½ cups |
| brown sugar* | 1 tsp | 2 tsp |
| chilli flakes (optional) | pinch | pinch |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 3094kJ (739Cal) | 574kJ (137Cal) |
| Protein (g) | 46.8g | 8.7g |
| Fat, total (g) | 26.7g | 4.9g |
| - saturated (g) | 16.6g | 3.1g |
| Carbohydrate (g) | 76g | 14.1g |
| - sugars (g) | 8.5g | 1.6g |
| Sodium (mg) | 1042mg | 193mg |
| Dietary Fibre (g) | 22.4g | 4.2g |

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.

1



Cook the rice

- Finely chop **garlic**. Drain and rinse **white rice**.
- In a medium saucepan, heat a drizzle of **olive oil** over medium heat.
- Cook **garlic** until fragrant, **1-2 minutes**. Add the **water (for the rice)**, **rice** and a generous pinch of **salt** and bring to the boil.
- Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and all the water is absorbed, **10 minutes**.

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

4



Start the soup

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **green beans**, tossing, until just tender, **2-3 minutes**.
- Add **satay seasoning** and **ginger lemongrass paste** and cook, stirring until fragrant, **1 minute**.

2



Get prepped

- Meanwhile, roughly chop **Asian greens**.
- Trim and halve **green beans**.
- Slice **lemon** into wedges.
- Cut **chicken breast** into 2cm chunks.

5



Finish the curry

- Stir in **coconut milk**, the **salt**, **vinegar**, **water (for the curry)** and **brown sugar**. Bring to the boil, then reduce heat to medium and simmer until slightly thickened, **2-3 minutes**.
- Stir in **Asian greens** and cook until wilted, **1 minute**.
- Remove from heat and add **cooked chicken** and a generous squeeze of **lemon juice**, stirring until combined. Season to taste.

3



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **chicken**, tossing occasionally, until browned and cooked through (when no longer pink inside), **3-4 minutes**.
- Transfer to a plate. Season with **salt** and **pepper** and set aside.

6



Serve up

- Divide garlic rice between bowls.
- Serve with Thai-style chicken and green bean curry and any remaining lemon wedges.
- Sprinkle curry with a pinch of **chilli flakes** (if using) 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 soup to a simmer, add prawns and cook until pink and starting to curl up, 3-4 minutes.

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

