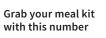


# Coconut Chicken & Green Bean Curry

with Garlic Tortilla Dippers

FEEL-GOOD TAKEAWAY

KID FRIENDLY













Trimmed Green



Beans





Coconut Milk



Mini Flour



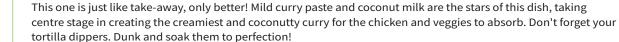
Tortillas





Prep in: 20-30 mins Ready in: 25-35 mins







Olive Oil

#### 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

Two large frying pans

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
trimmed green beans	1 medium packet	1 large packet
mild curry paste	1 medium packet	2 medium packets
coconut milk	1 packet	2 packets
garlic paste	1 packet	2 packets
mini flour tortillas	6	12
coriander	1 packet	1 packet

<sup>\*</sup>Pantry Items

#### **Nutrition**

(J (69cal) 4.6g
4.6g
3.2g
1.8g
5.3g
1.1g
19.5mg
1g

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.



## Get prepped

- Roughly chop tomato.
- Cut chicken thigh into 2cm chunks.



## Cook the tortillas

- Meanwhile, in a small bowl, combine garlic paste and olive oil (1/4 cup for 2 people / ½ cup for 4 people) and a pinch of **salt** and **pepper**.
- Brush or spread some garlic oil over both sides of a mini flour tortilla.
- Heat a second large frying pan over medium-high heat. Cook tortilla until golden, **1 minute** each side.
- Transfer to a paper towel-lined plate. Repeat with remaining tortillas and garlic oil.



#### Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook chicken and trimmed green beans, tossing occasionally, until chicken is browned and cooked through (when it's no longer pink inside), 5-6 minutes.
- Add mild curry paste and tomato and cook, stirring until fragrant,
- Add coconut milk and a splash of water. Stir to combine and simmer until slightly thickened, 2-3 minutes.



### Serve up

- · Slice tortillas if preferred.
- Divide coconut chicken and green bean curry between bowls.
- Tear over **coriander** and serve with garlic tortilla dippers. Enjoy!





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.



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

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

