



Mild Thai Red Chicken Curry & Brown Rice

with Asian Greens & Zucchini

FEEL GOOD TAKEAWAY

Grab your meal kit with this number

41



Brown Rice



Zucchini



Asian Greens



Chicken Breast



Garlic Paste



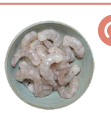
Mild Thai Red Curry Paste



Coconut Milk



Chicken Breast



Peeled Prawns

Recipe Update

We've replaced the bamboo shoots in this recipe with zucchini due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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



Protein Rich



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 with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown rice	1 medium packet	2 medium packets
zucchini	1	2
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
soy sauce*	½ tbs	1 tbs
sugar*	1 tsp	2 tsp

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3021kJ (722cal)	249kJ (59cal)
Protein (g)	47g	3.9g
Fat, total (g)	28.8g	2.4g
- saturated (g)	17.3g	1.4g
Carbohydrate (g)	64.5g	5.3g
- sugars (g)	15.4g	1.3g
Sodium (mg)	2069mg	170.3mg
Dietary Fibre (g)	8.2g	0.7g

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

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



Get prepped

- While the rice is cooking, cut **zucchini** into half-moons.
- Roughly chop **Asian greens**.
- Cut **chicken breast** into 2cm chunks.



Brown the chicken

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



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**, **Asian greens** and a splash of **water** and stir to combine.



Simmer 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.*



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.

