

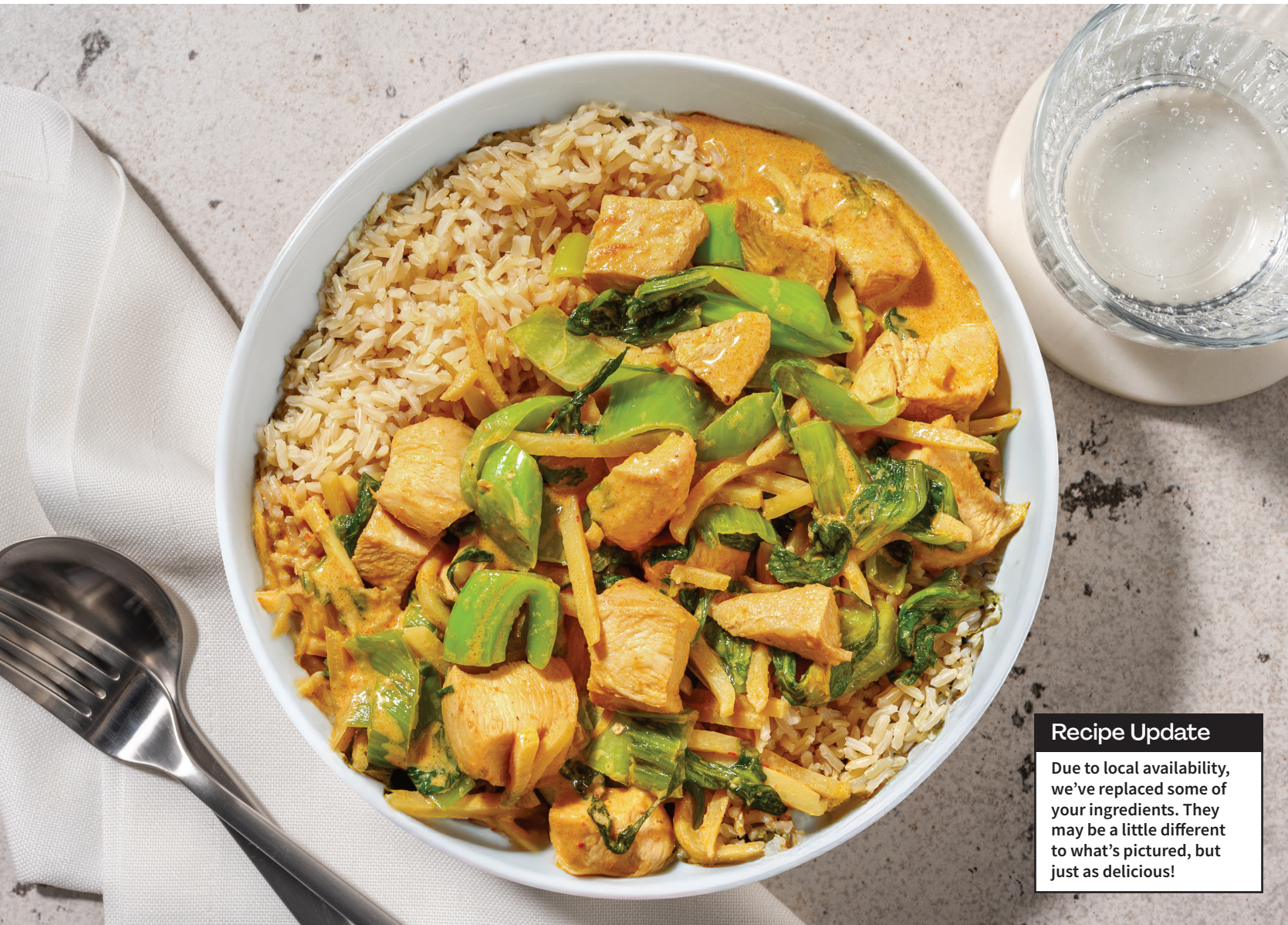
# Mild Thai Red Chicken Curry & Rice

with Asian Greens & Zucchini

FEEL-GOOD TAKEAWAY

Grab your meal kit with this number

27



Basmati Rice



Zucchini



Asian Greens



Chicken Thigh



Mild Thai Red Curry Paste



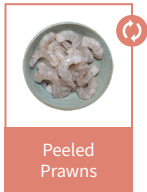
Garlic Paste



Coconut Milk



Chicken Thigh




Peeled Prawns

## Recipe Update

Due to local availability, we've replaced some of your ingredients. They may be a little different to what's pictured, but just as delicious!

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
water*	1½ cups	3 cups
basmati rice	1 medium packet	1 large packet
zucchini	1	2
Asian greens	1 packet	2 packets
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
mild Thai red curry paste	1 packet	2 packets
garlic 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](https://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

- To a medium saucepan, add the **water** and bring to the boil.
- Add **basmati rice**, stir, cover with a lid and reduce heat to low.
- Cook for **10 minutes**, then remove pan from heat and keep covered until rice is tender and water is absorbed, **10 minutes**.

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



## Get prepped

- While the rice is cooking, cut **zucchini** into half-moons.
- Roughly chop **Asian greens**.
- Cut **chicken thigh** 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** (the 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 **garlic 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.



## 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.



## Serve up

- Divide 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

2024 | CW38



### CUSTOM OPTIONS

**+** **DOUBLE CHICKEN THIGH**  
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. Continue with recipe.

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

