

CHICKEN & PUMPKIN THAI YELLOW CURRY

Golden pumpkin and tender chicken are the ideal ingredients in this lightly spiced yellow curry. Bursting with flavour

from the fragrant lime leaves and creamy coconut milk, a sprinkling of crispy fried shallots tops the whole thing off into a

with Jasmine Rice & Crispy Shallots





Make a Thai inspired curry



Jasmine Rice







Asian Greens





Chicken Thigh



Peeled & Chopped Pumpkin



Yellow Curry



Coconut Milk

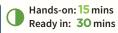


Vegetable Stock



Crispy Shallots

Pantry Staples: Olive Oil, Soy Sauce







Spicy (yellow curry

better-than-takeway feast.

Our fruit and veggies need a little wash first! Along with basic cooking tools, you will use:

• medium saucepan with a lid • large frying pan with a lid



COOK THE RICE In a medium saucepan, bring the water to the boil. Add the jasmine rice, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and set aside, covered, for 10-15 minutes, or until the rice is tender and all the water has absorbed. *TIP: The rice will finish cooking in its own steam so don't peek!



GET PREPPED While the rice is cooking, thinly slice the brown onion. Very thinly slice the kaffir lime **leaves**. * TIP: The leaves are quite fibrous, so cut them very thin! Roughly chop the Asian greens. Finely grate the ginger. Cut the chicken thigh into 2cm pieces.



BROWN THE CHICKEN In a large frying pan, heat a **drizzle** of olive oil over a high heat. Add the chicken thigh and cook for 4-5 minutes or until browned. Transfer to a plate (the chicken will finish cooking in step 5).



START THE CURRY Return the frying pan to a medium-high heat with a drizzle of olive oil. Add the peeled & chopped pumpkin and brown onion and cook for **5-6 minutes**, or until softened. Add a drizzle more olive oil, the yellow curry paste (see ingredients list) and ginger and cook for **1-2 minutes**, or until fragrant. * TIP: The curry paste is spicy so add a little more or less according to your taste.



FINISH THE CURRY Add the coconut milk, kaffir lime leaves, chicken thigh and crumble in the vegetable stock (1/2 cube for 2 people / 1 cube for 4 people). Bring to the boil over a high heat, then reduce the heat to medium and cover with a lid (or foil). Simmer, stirring occasionally, for 10-15 minutes, or until the pumpkin is tender. Add the soy sauce and Asian greens to the curry and cook, stirring, for 1 minute, or until just wilted.



SERVE UP Divide the jasmine rice between bowls. Top with the Thai yellow chicken curry and garnish with the crispy shallots.

ENJOY!

INGREDIENTS

	,	
	2P	4P
olive oil*	refer to method	refer to method
water*	1¼ cup	2½ cups
jasmine rice	1 packet	2 packets
brown onion	1	2
kaffir lime leaves	2 leaves	4 leaves
Asian greens	1 bunch	2 bunches
ginger	1 knob	2 knobs
chicken thigh	1 packet	1 packet
peeled & chopped pumpkin	1 packet (200 g)	1 packet (400 g)
yellow curry paste	½ tub (25 g)	1 tub (50 g)
coconut milk	1 tin (400 ml)	2 tins (800 ml)
vegetable stock	½ cube	1 cube
soy sauce*	1 tbs	2 tbs
crispy shallots	1 packet	2 packets

^{*}Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	4360kJ (1040Cal)	591kJ (141Cal)
Protein (g)	47.7g	6.5g
Fat, total (g)	52.1g	7.1g
- saturated (g)	30.2g	4.1g
Carbohydrate (g)	85.4g	11.6g
- sugars (g)	14.2g	1.9g
Sodium (g)	1600mg	216mg

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722 Hello@HelloFresh.com.au

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