



CHICKEN & PUMPKIN THAI YELLOW CURRY

with Jasmine Rice & Crispy Shallots



Make a Thai inspired curry



Jasmine Rice



Brown Onion



Kaffir Lime Leaves



Asian Greens



Ginger



Chicken Thigh



Peeled & Chopped Pumpkin



Yellow Curry Paste



Coconut Milk



Vegetable Stock



Crispy Shallots

Hands-on: **15 mins**
Ready in: **30 mins**

Eat me early

Spicy (yellow curry paste)

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 better-than-takeaway feast.

Pantry Staples: Olive Oil, Soy Sauce

BEFORE YOU START

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**



1 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!*



2 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.



3 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).



4 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.*



5 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.



6 SERVE UP

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

ENJOY!

2 | 4 PEOPLE 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](https://www.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

2018 | WK48

