



Mild Thai Red Chicken Curry

with Veggies & Peanuts

Grab your Meal Kit with this symbol 



Jasmine Rice



Garlic



Capsicum



Carrot



Broccoli



Zucchini



Lime



Kaffir Lime Leaves



Chicken Thigh





Mild Thai Red Curry Paste




Coconut Cream



Crushed Peanuts

 Hands-on: **30 mins**
 Ready in: **35 mins**

 Eat me early

Tonight, it's time to master one of those delectable takeaway menu staples, the Thai red curry. Once you've got this one in your repertoire, you'll find it's a crowd-pleaser of the highest order!

Pantry items

Olive Oil, Soy Sauce, Brown Sugar

Before you start

Our fruit and veggies need a little wash first!

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	4 People
olive oil*	refer to method
water* (for the rice)	2½ cups
jasmine rice	2 packets
garlic	2 cloves
capsicum	1
carrot	2
broccoli	1 head
zucchini	1
lime	1
kaffir lime leaves	2 leaves
chicken thigh	1 medium packet
mild Thai red curry paste	1 sachet
coconut cream	½ tin (200ml)
water* (for the curry)	½ cup
soy sauce*	1½ tbs
brown sugar*	2 tsp
crushed peanuts	1 packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3020kJ (722Cal)	560kJ (134Cal)
Protein (g)	39.8g	7.4g
Fat, total (g)	26.3g	4.9g
- saturated (g)	15.8g	2.9g
Carbohydrate (g)	78.4g	14.5g
- sugars (g)	10.8g	2.0g
Sodium (g)	2250mg	417mg

Allergens

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)



1. Cook the jasmine rice

Add the **water (for the rice)** to a medium saucepan and bring to the boil. Add the **jasmine rice** and stir, then cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

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



2. Get prepped

While the rice is cooking, finely chop the **garlic** (or use a garlic press). Cut the **capsicum** into 2cm chunks. Thinly slice the **carrot** (unpeeled) into half-moons. Chop the **broccoli** into small florets and roughly chop the stalk. Thinly slice the **zucchini** into half-moons. Zest the **lime** to get a **good pinch**, then slice into wedges. Remove the centre veins, then finely chop the **kaffir lime leaves**. Chop the **chicken thigh** into 2cm chunks.

TIP: The kaffir lime leaves are fibrous so you want to cut them very finely.



3. Brown the chicken

Heat a **drizzle of olive oil** in a large frying pan over a high heat. When the oil is hot, add **1/2** the **chicken** and cook, tossing occasionally, until browned and cooked through, **5-6 minutes**. Transfer to a bowl and set aside. Repeat with the **remaining chicken**.



4. Add the veggies

Return the frying pan to a high heat. Add the **carrot, capsicum, broccoli** and then a **dash of water** and cook, tossing, until lightly softened, **2-3 minutes**. Add the **zucchini, garlic** and **kaffir lime leaves** to the pan and cook until fragrant, **1 minute**.



5. Finish the curry

Add the **mild Thai red curry paste** to the pan and stir to coat. Cook until fragrant, **1 minute**. Add the **coconut cream (see ingredients list), water (for the curry), soy sauce, lime zest** and **brown sugar** and stir to combine. Return the **chicken** to the pan and cook until the veggies are tender, **2-3 minutes**. Finish with a **squeeze of lime juice**.



6. Serve up

Divide the jasmine rice between bowls and top with the mild Thai red chicken curry. Garnish with the crushed peanuts and serve with the remaining lime wedges.

Enjoy!