



Oven-Ready Thai Green Chicken Curry

with Baby Spinach & Quick Rice

HEAT & EAT



Grab your Meal Kit with this symbol



Thai Green Chicken Curry



Microwavable Basmati Rice




Baby Spinach Leaves



Lime

Prep in: **5-15 mins**
Ready in: **45-55 mins**

 Eat Me Early

Want dinner on the table in 3 easy steps? Simply heat up our oven-ready Thai green chicken curry and serve it with quick microwaveable rice, fresh spinach and a squeeze of lime juice. This is home cooking made easy, with minimal prep and maximum flavour.

Pantry items

Olive Oil

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
Thai green chicken curry	1	2
microwavable basmati rice	1 packet	2 packets
baby spinach leaves	1 medium bag	1 large bag
lime	½	1

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2744kJ (656Cal)	508kJ (121Cal)
Protein (g)	37.6g	7g
Fat, total (g)	27.3g	5.1g
- saturated (g)	19.2g	3.6g
Carbohydrate (g)	62.6g	11.6g
- sugars (g)	4g	0.7g
Sodium (mg)	1390mg	257mg

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://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Heat the curry

- Preheat oven to **200°C/180°C fan-forced**.
- Remove plastic film from **Thai green chicken curry** and cover tightly with foil.
- Bake until warmed through, **30 minutes**.
- Remove from oven and remove foil. Bake until golden, a further **10 minutes**.

2



Heat the rice & get prepped

- When the curry has **5 minutes** remaining, microwave **basmati rice** until steaming, **2-3 minutes**.
- Roughly chop **baby spinach leaves**. Slice **lime** into wedges.

3



Serve up

- Stir baby spinach and a squeeze of lime through curry.
- Divide rice and Thai green chicken & veggie curry between bowls. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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