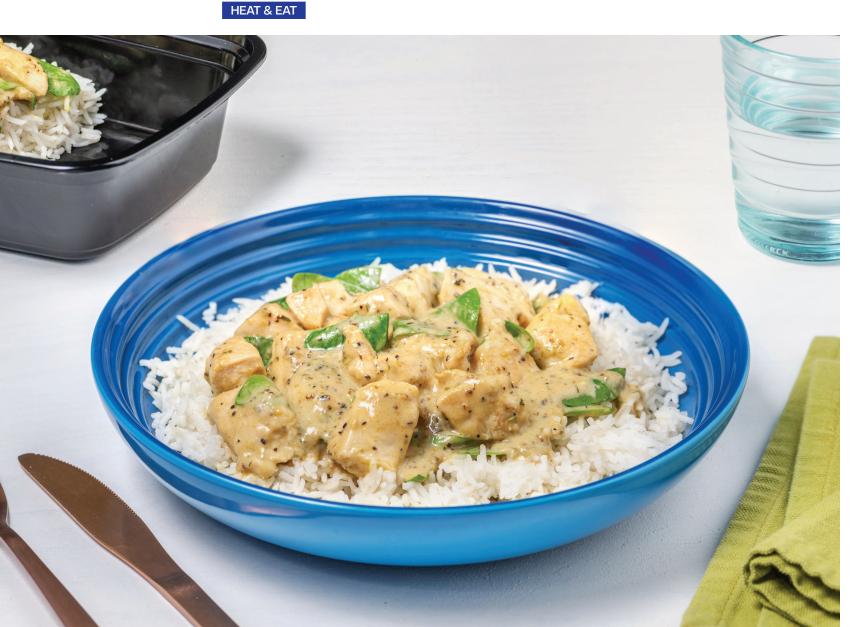


# Oven-Ready Thai Green Chicken Curry with Baby Spinach & Quick Rice

Grab your Meal Kit with this symbol





Thai Green Chicken Curry Microwavable Basmati Rice



0

Baby Spinach Leaves Lime

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

1 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.

# 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
thai green chicken curry	1	2
microwavable basmati rice	1 packet	2 packets
baby spinach leaves	1 medium bag	1 large bag
lime	1/2	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** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.







### 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**.

# Heat the rice

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

## Serve up

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

#### Rate your recipe Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate

We're here to help! Scan here if you have any questions or concerns 2023 | CW16