



# Thai Plant-Based Chick'n & Veggie Curry

with Rice & Crushed Peanuts

ALTERNATIVE PROTEIN



Grab your Meal Kit with this symbol



Jasmine Rice



Garlic



Carrot



Zucchini



Tomato



Thai Red Curry Paste



Coconut Milk



Crushed Peanuts



Plant-Based Chicken Strips



Ginger Paste

Prep in: 20-30 mins  
Ready in: 30-40 mins

Plant Based

Alternative proteins are all the rage and for good reason - as you'll soon find out, they work wonders mixed in with fragrant jasmine rice and all of your favourite veggies.

## Pantry items

Olive Oil, Soy Sauce, Vinegar (White Wine or Rice Wine), Brown Sugar



## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>water*</b>	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
carrot	1	2
zucchini	1	2
tomato	1	2
plant-based chicken strips	1 packet	2 packets
ginger paste	1 medium packet	1 large packet
Thai red curry paste	1 tin	2 tins
coconut milk	1 medium tin	2 medium tins
<b>soy sauce*</b>	1 tbs	2 tbs
<b>vinegar*</b> (white wine or rice wine)	½ tbs	1 tbs
<b>brown sugar*</b>	½ tbs	1 tbs
crushed peanuts	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3142kJ (751Cal)	578kJ (138Cal)
Protein (g)	42.2g	7.8g
Fat, total (g)	36.8g	6.8g
- saturated (g)	17.3g	3.2g
Carbohydrate (g)	85.7g	15.8g
- sugars (g)	20.2g	3.7g
Sodium (mg)	2264mg	416mg

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

## We're here to help!

Scan here if you have any questions or concerns



## Cook the jasmine rice

- Add the **water** to a medium saucepan and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove the pan from heat and keep covered until 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!



## Cook the chick'n strips

- Return pan to medium-high heat with a drizzle of **olive oil**.
- Cook **plant-based chicken strips**, tossing, until browned, **4-5 minutes**. Transfer to a plate.



## Get prepped

- Meanwhile, finely chop **garlic**. Thinly slice **carrot** and **zucchini** into half-moons. Roughly chop **tomato**.



## Make the curry

- Return pan to medium-high heat with a drizzle of **olive oil**.
- **SPICY!** This is a mild curry paste, but add less if you're sensitive to heat. Cook **garlic, ginger paste, Thai red curry paste** and **tomato**, stirring, until fragrant, **1-2 minutes**.
- Stir in **coconut milk**, the **soy sauce, vinegar** and **brown sugar**, and cook until slightly thickened, **2-3 minutes**.
- Remove from heat and add **veggies** and **plant-based chicken strips**, stirring to coat. Season to taste.



## Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **carrot** and **zucchini**, tossing, until tender, **4-5 minutes**. Transfer to a bowl and season.



## Serve up

- Divide rice and Thai red plant-based chick'n & veggie curry between bowls.
- Top with **crushed peanuts** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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