



Thai Red Chicken Curry

with Green Beans, Bamboo Shoots & Peanuts

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Jasmine Rice



Carrot



Bamboo Shoots



Thai Red Curry Paste



Coconut Milk



Crushed Peanuts



Chicken Thigh



Trimmed Green Beans



Garlic Paste



Ginger Lemongrass Paste



Chicken Thigh

Prep in: 25-35 mins
Ready in: 30-40 mins

Eat Me Early

Who needs takeaway when you can whip up this creamy curry with a kick. Our Thai red curry paste is the not so secret ingredient, adding a depth of flavour that's the perfect ratio of savoury to sweet.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar, Soy Sauce

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
olive oil*	refer to method	refer to method
water* (for the rice)	1 ¼ cups	2 ½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
chicken thigh	1 small packet	1 large packet
bamboo shoots	½ medium tin	1 medium tin
trimmed green beans	1 medium bag	1 large bag
garlic paste	1 medium packet	2 medium packets
ginger lemongrass paste	1 packet	2 packets
Thai red curry paste	¾ tin	1 ½ tins
coconut milk	1 medium tin	2 medium tins
brown sugar*	1 tsp	2 tsp
soy sauce*	1 tbs	2 tbs
water* (for the curry)	¼ cup	½ cup
crushed peanuts	1 medium packet	1 large packet
chicken thigh**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3177kJ (759Cal)	493kJ (118Cal)
Protein (g)	46.8g	7.3g
Fat, total (g)	35.9g	5.6g
- saturated (g)	17.8g	2.8g
Carbohydrate (g)	87.3g	13.5g
- sugars (g)	18g	2.8g
Sodium (mg)	1723mg	267mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4058kJ (969Cal)	501kJ (119Cal)
Protein (g)	74.3g	9.2g
Fat, total (g)	47.7g	5.9g
- saturated (g)	21.3g	2.6g
Carbohydrate (g)	87.3g	10.8g
- sugars (g)	18g	2.2g
Sodium (mg)	1836mg	227mg

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.

We're here to help!

Scan here if you have any questions or concerns



Cook the rice

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

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



Add the coconut milk

- Add **coconut milk**, **bamboo shoots**, the **brown sugar**, the **soy sauce** and the **water (for the curry)** and simmer over a medium heat, stirring until thickened, **3-4 minutes**.



Get prepped

- While the rice is cooking, cut **carrot** into half-moons.
- Cut **chicken thigh** into 2cm strips.
- Drain and rinse **bamboo shoots** (see ingredients).



Finish the curry

- Return the **chicken** (plus any resting juices) to the pan. Stir until just warmed through, **1 minute**.



Start the curry

- **SPICY!** The curry paste is spicy, so use less if you're sensitive to heat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Add **chicken strips** and cook, tossing, until browned and cooked through, **3-4 minutes**. Transfer to a bowl.
- Return pan to medium-high heat, with a drizzle of **olive oil**. Add **carrot** and **trimmed green beans** and cook, stirring, until slightly tender, **2-3 minutes**.
- Add the **garlic paste**, **ginger lemongrass paste** and **Thai red curry paste** (see ingredients). Cook, stirring, until fragrant, **1 minute**.

Custom Recipe: If you've doubled your chicken, cook chicken in batches for the best results.



Serve up

- Divide the jasmine rice between bowls. Top with the Thai red chicken curry. Garnish with the **crushed peanuts** to serve. Enjoy!

Rate your recipe

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