



Thai Red Chicken Curry

with Asian Greens & Jasmine Rice

TAKEAWAY FAVES



Grab your Meal Kit with this symbol



Jasmine Rice



Capsicum



Asian Greens



Thai Red Curry Paste



Coconut Milk



Chicken Breast



Garlic Paste



Chicken Breast

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

Calorie Smart*
**Custom recipe is not Calorie Smart*

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, Soy Sauce, 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 |
|----------------------|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| water* | 1¼ cups | 2½ cups |
| jasmine rice | 1 medium packet | 1 large packet |
| capsicum | 1 | 2 |
| Asian greens | 1 bunch | 2 bunches |
| chicken breast | 1 small packet | 1 large packet |
| garlic paste | 1 packet | 2 packets |
| Thai red curry paste | ½ tin | 1 tin |
| coconut milk | 1 medium tin | 2 medium tins |
| soy sauce* | ½ tbs | 1 tbs |
| sugar* | 1 tsp | 2 tsp |
| chicken breast** | 1 small packet | 1 large packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2665kJ (637Cal) | 470kJ (112Cal) |
| Protein (g) | 46.5g | 8.2g |
| Fat, total (g) | 25.3g | 4.5g |
| - saturated (g) | 15.9g | 2.8g |
| Carbohydrate (g) | 80.9g | 14.3g |
| - sugars (g) | 16.1g | 2.8g |
| Sodium (mg) | 1088mg | 192mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3495kJ (835Cal) | 474kJ (113Cal) |
| Protein (g) | 77.5g | 10.5g |
| Fat, total (g) | 33.4g | 4.5g |
| - saturated (g) | 18.4g | 2.5g |
| Carbohydrate (g) | 80.1g | 10.9g |
| - sugars (g) | 15.5g | 2.1g |
| Sodium (mg) | 1195mg | 162mg |

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

- Add the **water** to a medium saucepan 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 and keep covered for another **10-15 minutes**, or until the rice is tender and all the water is absorbed.

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



Add the veggies

- Reduce heat to medium-high. Add **capsicum** and cook, tossing, until starting to soften, **4-5 minutes**.

TIP: Chicken is cooked through when it's no longer pink inside.



Get prepped

- While the rice is cooking, chop **capsicum** into bite-sized chunks. Roughly chop **Asian greens**. Cut **chicken breast** into 2cm chunks.

Custom Recipe: If you've doubled your chicken breast, cut extra chicken breast into 2cm chunks.



Make the curry

- Add **Thai red curry paste** (see ingredients) and cook, tossing, until coated and fragrant, **1 minute**.
- Add **coconut milk**, **soy sauce**, **sugar**, **Asian greens** and a splash of **water**, and stir to combine.
- Reduce heat to low and simmer until the chicken is cooked through and the veggies are tender, **2-3 minutes**.

TIP: The curry paste is spicy so add a little more or less to your taste.



Brown the chicken

- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, add **chicken** and cook, tossing occasionally, until browned, **5-6 minutes**. Add **garlic paste** and cook until fragrant, **1 minute** (chicken will finish cooking in step 5!).

Custom Recipe: Cook chicken in batches. Return all chicken to pan before continuing with the next step.



Serve up

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

Rate your recipe

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