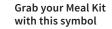
Thai Red Chicken Curry

with Asian Greens & Jasmine Rice

TAKEAWAY FAVES











Asian Greens



Thai Red Curry Paste





Chicken Breast

Coconut Milk



Garlic Paste





Prep in: 20-30 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.



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

ingi calcino			
	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

Per Serving	Per 100g
2665kJ (637Cal)	470kJ (112Cal)
46.5g	8.2g
25.3g	4.5g
15.9g	2.8g
80.9g	14.3g
16.1g	2.8g
1088mg	192mg
	2665kJ (637Cal) 46.5g 25.3g 15.9g 80.9g 16.1g

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.



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!



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.



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.



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.



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.



Serve up

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







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