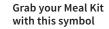
Thai Red Chicken Curry

with Bamboo Shoots & Peanuts

TAKEAWAY FAVES

















Green Beans

Chicken Thigh





Garlic Paste

Bamboo Shoots





Red Curry Paste



Crushed Peanuts





Prep in: 25-35 mins Ready in: 30-40 mins Who needs takeaway when you can whip up this creamy curry with a kick. Our mild Thai red curry paste is the not-so secret ingredient, adding a depth of flavour that's the perfect ratio of savoury to sweet.

Eat Me Early

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

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
water* (for the rice)	1¼ cups	2½ cups		
jasmine rice	1 medium packet	1 large packet		
carrot	1	2		
green beans	1 small bag	1 medium bag		
chicken thigh	1 small packet	1 large packet		
bamboo shoots	½ tin	1 tin		
garlic paste	1 packet	2 packets		
mild Thai red curry paste	1 packet	2 packets		
coconut milk	1 medium packet	2 medium packets		
soy sauce*	1½ tbs	3 tbs		
water* (for the curry)	1/4 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)	3142kJ (751Cal)	505kJ (121Cal)
Protein (g)	44.1g	7.1g
Fat, total (g)	36.5g	5.9g
- saturated (g)	18.7g	3g
Carbohydrate (g)	86.1g	13.8g
- sugars (g)	18.6g	3g
Sodium (mg)	2462mg	396mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3972kJ (949Cal)	504kJ (120Cal)
Protein (g)	74.5g	9.5g
Fat, total (g)	45g	5.7g
- saturated (g)	21.3g	2.7g
Carbohydrate (g)	86.1g	10.9g
- sugars (g)	18.6g	2.4g
Sodium (mg)	2563mg	325mg

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

- 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 untl 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!



Get prepped

- While the rice is cooking, cut carrot into half-moons. Trim green beans.
- · Cut chicken thigh into thin strips.
- Drain and rinse bamboo shoots (see ingredients).

Custom Recipe: If you've doubled your chicken thigh, cut chicken into thin strips as above.



Start the curry

- 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 (when no longer pink inside), 3-4 minutes.
 Transfer to a bowl.
- Add carrot and green beans and cook, stirring, until slightly tender, 4-5 minutes.
- Add garlic paste and mild Thai red curry paste.
 Cook, stirring, until fragrant, 1 minute.

Custom Recipe: Cook chicken in batches for the best results.



Add the coconut milk

 Add coconut milk, bamboo shoots, the soy sauce and the water (for the curry) and simmer over medium heat, stirring until thickened,
 2-3 minutes.



Finish the curry

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



Serve up

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

