



Thai Red Chicken Curry

with Bamboo Shoots & Peanuts

TAKEAWAY FAVES



Grab your Meal Kit with this symbol



Jasmine Rice



Carrot



Green Beans



Chicken Thigh



Bamboo Shoots



Garlic Paste



Mild Thai Red Curry Paste



Coconut Milk



Crushed Peanuts



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 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.

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

Pantry items

Olive Oil, Soy Sauce

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

	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)	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)	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.

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 **soy sauce** and the **water (for the curry)** and simmer over medium heat, stirring until thickened, **2-3 minutes**.



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.



Finish the curry

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



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.



Serve up

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

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate