



THAI RED CHICKEN CURRY

with Fluffy Jasmine Rice



Enhance the flavours of your curry paste



Free Range Chicken Thigh



Brown Onion



Carrot



Zucchini



Jasmine Rice



Red Curry Paste



Coconut Milk



Basil

Pantry Staples



Olive Oil



Water



Salt-Reduced Soy Sauce

Hands-on: **25** mins
Ready in: **35** mins

Eat Me Early

Tonight, it's time to master one of those delectable takeaway menu staples, the Thai red curry. Once you've got this one in your repertoire, you'll find it's a crowd pleaser of the highest order!

BEFORE YOU START

You will need: **chef's knife**, **chopping board**, **vegetable peeler**, **medium frying pan**, **tongs**, **plate**, **sieve** and **medium saucepan**. Let's start cooking the **Thai Red Chicken Curry with Fluffy Jasmine Rice**



1 GET PREPPED

Cut the **chicken thigh** into 1 cm strips. Finely slice the **brown onion**. Peel the **carrot** and thinly slice on an angle. Thinly slice the **zucchini** on an angle.



2 COOK THE CHICKEN

Heat **1/2** the **olive oil** in a medium frying pan over a medium-high heat. Cook the **chicken** strips for **4-5 minutes**, or until golden and just cooked through (the chicken will continue cooking later). Set aside on a plate.



3 COOK THE RICE

Rinse the **Jasmine rice** in a sieve. Place the **rice** and the **water** in a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **10-12 minutes**, or until the rice is soft. Drain.



4 ADD THE VEGETABLES

Meanwhile, place the remaining **olive oil** in the same frying pan over a medium-high heat. Cook the **brown onion** for **4-5 minutes**, or until softened. Add the **red curry paste**, **warm water**, **carrot** and **zucchini** and cook for **2-3 minutes**, or until fragrant and coated in the paste.



5 SIMMER THE CURRY

Pour in the **coconut milk** (double check the amount) and **salt-reduced soy sauce**. Bring the curry to the boil, and then reduce to a simmer for **5 minutes**. Add the **chicken** back to the pan and simmer for a further **5 minutes**, or until heated through. Meanwhile, pick the **basil** leaves.



6 SERVE UP

Divide the **rice** between bowls. Top with the red chicken curry and **basil**.

Enjoy!

Cooking the curry paste off before adding the coconut milk and chicken allows the aromatics to cook off and ensures a deeper, bolder and more intense curry flavour.

2 | 4 PEOPLE INGREDIENTS

| | 2P | 4P |
|---|-----------------------|---------------------------|
| free range chicken thigh | 1 packet | 2 packets |
| brown onion | 1/2 | 1 |
| carrot | 1 | 2 |
| zucchini | 1 | 2 |
| <i>olive oil</i> * | 1 tbs | 2 tbs |
| Jasmine rice | 1 packet (3/4 cup) | 2 packets (1 1/2 cups) |
| <i>water</i> * (for rice) | 3/4 cup | 1 1/2 cups |
| red curry paste (caution: hot - use less if desired) | 1 tbs | 2 tbs |
| <i>warm water</i> * (for curry) | 1/4 cup | 1/2 cup |
| coconut milk (note: adding more will alter the flavour) | 3/4 tin (300ml) | 1 1/2 tins (600ml) |
| <i>salt-reduced soy sauce</i> * | 2 tsp | 4 tsp |
| basil | 1 bunch | 2 bunches |

*Pantry Items | Ingredient features in another recipe

| NUTRITION | PER SERVING | PER 100G |
|------------------|-----------------|---------------|
| Energy (kJ) | 3830kJ (915Cal) | 356kJ (85Cal) |
| Protein (g) | 49.8g | 4.6g |
| Fat, total (g) | 43.5g | 4.1g |
| - saturated (g) | 22.1g | 2.1g |
| Carbohydrate (g) | 72.2g | 6.7g |
| - sugars (g) | 9.8g | 0.9g |
| Sodium (g) | 1010mg | 94mg |

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