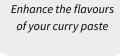


THAI RED CHICKEN CURRY

with Fluffy Jasmine Rice









Free Range Chicken Thigh



Brown Onion



Carrot







Red Curry Paste

Jasmine Rice



Coconut Milk



Basil

Pantry Staples

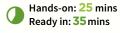


Olive Oil





Salt-Reduced Soy Sauce





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 =

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



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.



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.



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.



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, warm water, carrot and zucchini and cook for **2-3 minutes**, or until fragrant and coated in the paste.

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.



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.



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

Enjoy!

INGREDIENTS

	2P	4P
free range chicken thigh	1 packet	2 packets
brown onion ®	1/2	1
carrot	1	2
zucchini	1	2
olive oil*	1 tbs	2 tbs
Jasmine rice	1 packet (¾ cup)	2 packets (1 ½ cups)
water*(for rice)	¾ cup	1 ½ cups
<pre>red curry paste (caution: hot – use less if desired)</pre>	1 tbs	2 tbs
warm water*(for curry)	⅓ cup	½ cup
coconut milk (note: adding more will alter the flavour)	¾ tin (300ml)	1 ½ tins (600ml)
salt-reduced soy sauce*	2 tsp	4 tsp
basil	1 bunch	2 bunches

*Pantry Items | • Ingredient features in another recipe

IUTRITION	PER SERVING	PER 100G
nergy (kJ)	3830kJ (915Cal)	356kJ (85Cal)
rotein (g)	49.8g	4.6g
at, total (g)	43.5g	4.1g
saturated (g)	22.1g	2.1g
arbohydrate (g)	72.2g	6.7g
sugars (g)	9.8g	0.9g
odium (g)	1010mg	94mg

→ JOIN OUR PHOTO CONTEST!







We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722 hello@hellofresh.com.au HelloFRESH

2017 | WK14 | C5