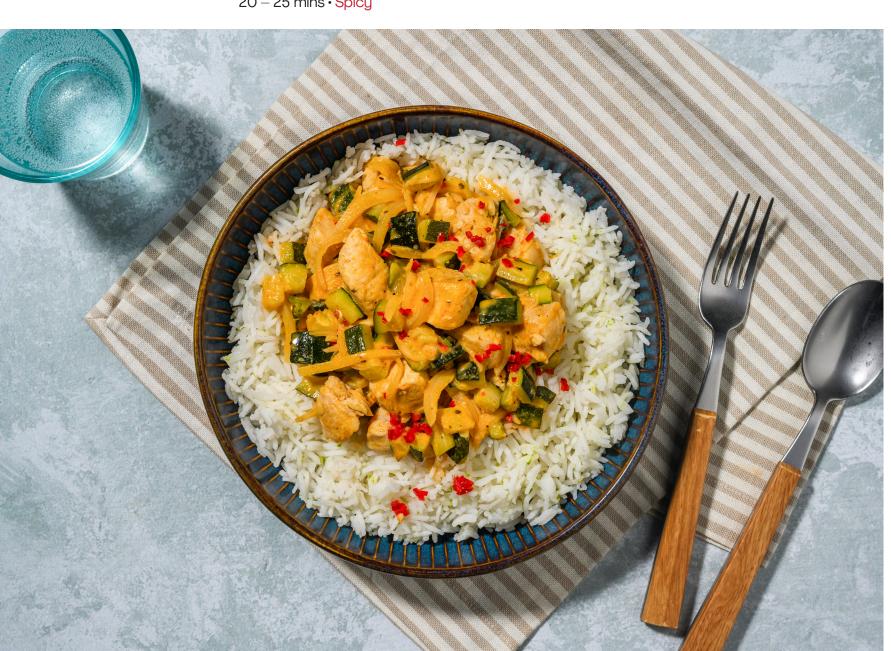


# Thai Style Chicken Curry

with courgette and fragrant rice

20 – 25 mins • Spicy









Diced Chicken Breast









Red Thai Style Paste









Thai Style Spice Mix

Pantry Items: Oil, Salt, Pepper, Water



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## Before you start

Our fruit, veg and herbs need a wash before you use them! We recommend reading the recipe in full before beginning to cook.

# Cooking tools you will need

Pot with lid, zester

# Ingredients

		45
	2P	4P
Diced Chicken Breast	260 g	520 g
Jasmine Rice	150 g	300 g
Onion	1 unit	2 units
Chilli	1 unit	2 units
Red Thai Style Paste	1 sachet	2 sachets
Coconut Milk	1 pack	2 packs
Lemon	1 unit	2 units
Courgette	1 unit	2 units
Thai Style Spice Mix	2 sachets	4 sachets

#### **Nutrition**

	Per serving	Per 100g
for uncooked ingredients	546.5 g	100 g
Energy (kJ/kcal)	2767 kJ/ 661 kcal	506 kJ/ 121 kcal
Fat (g)	21.2 g	3.9 g
Sat. Fat (g)	15.4 g	2.8 g
Carbohydrate (g)	81.4 g	14.9 g
Sugars (g)	10.3 g	1.9 g
Protein (g)	40 g	7.3 g
Salt (g)	3 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

# **Allergens**

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients.
Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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#### Cook the Rice

- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the rice and bring to the boil.
- Once boiling, lower the heat to medium and cover with the lid.
- Cook for 12 mins then remove the pot from the heat.
- Keep covered for another 12 mins or until ready to serve (the rice will continue to cook in its own steam).



# **Prep Your Veg**

- Meanwhile, trim the courgette and chop into 1cm cubes.
- Halve, peel and thinly slice the onion.
- Halve the chilli lengthways, deseed and finely chop.
- Zest and halve the lemon.
- Stir the coconut milk (or shake the packet) to dissolve any lumps.



# Start the Curry

- Place a large pan over medium-high heat with a drizzle of oil.
- Once hot, fry the chicken and onion until starting to brown, 3-4 mins.
- Once browned, add the courgette and fry for another 2 mins. IMPORTANT: Wash hands and equipment after handling raw chicken and its packaging.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging used to keep it fresh. It will still taste delicious once cooked!



# Simmer the Sauce

- Add the Thai spice mix, red Thai paste and half the chilli to the pan. You can use less chilli if you don't like spice—or more if you do.
- Cook together until fragrant, 30 secs.
- Stir in the coconut milk.
- Simmer until the chicken is cooked through and the veg is tender, 6-8 mins. IMPORTANT: Chicken is cooked when no longer pink in the middle.



# **Finishing Touches**

- Add a squeeze of **lemon** juice to your curry.
- Season to taste with salt, pepper and more lemon juice if desired.
- Stir the lemon zest through the rice, fluffing it up as you go.

TIP: Loosen the curry with a splash of water if you feel it's too thick.



## Garnish and Serve

- Divide the lemon rice between bowls.
- Top with the Thai style chicken curry.
- Finish with a sprinkling of as much of the remaining chilli as you like.

# Enjoy!