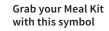


# Oven-Ready Thai Green Chicken Curry with Basmati Rice & Green Beans

READY TO HEAT









Thai Green Chicken Curry

Green Beans



Basmati Rice



Prep in: 10-20 mins Ready in: 30-40 mins



Our Heat & Eat recipes come with a fully prepared main that's ready to heat in the oven and serve with fresh sides. That means you can enjoy a deliciously satisfying dinner for the whole family without any extra fuss! Try out this hearty Thaistyle green chicken curry with a rapid basmati rice and crunchy green beans to go with it.

**Pantry items** Olive Oil

## 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

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
Thai green chicken curry	1 packet	2 packets
basmati rice	1 packet	1 packet
green beans	1 bag (200g)	2 bags (400g)

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1582kJ (378Cal)	301kJ (72Cal)
Protein (g)	24.9g	4.7g
Fat, total (g)	6.3g	1.2g
- saturated (g)	3.2g	0.6g
Carbohydrate (g)	51.2g	9.8g
- sugars (g)	10.8g	2.1g
Sodium (mg)	256mg	49mg

The quantities provided above are averages only.

## **Allergens**

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



# Heat the curry & cook the rice

- Preheat oven to 180°C/160°C fan-forced. Boil the kettle.
- Remove plastic film from Thai green chicken curry tray.
- Place curry tray directly on a wire oven rack and bake until piping hot,
   28-30 minutes. Remove from oven, then let stand for 1 minute.
- Meanwhile, half-fill a medium saucepan with boiling water. Add basmati rice and a
  pinch of salt and cook, uncovered, over a high heat until tender, 12 minutes. Drain
  rice and set aside.



## Heat the beans

- While the rice is cooking, trim **green beans**. Place **green beans** in a heatproof bowl.
- Pour over enough **boiling water** to cover. Cover with a plate or foil.
- Leave beans to stand until tender, 4-5 minutes. Drain, then season with salt and pepper.



# Serve up

- · Divide basmati rice between bowls.
- Top with Thai green chicken curry and green beans. Enjoy!

