



Oven-Ready Thai Green Chicken Curry

with Basmati Rice & Green Beans

READY TO HEAT



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Thai Green Chicken Curry



Green Beans



Basmati Rice

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

Calorie Smart

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 Thai-style 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) |

*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](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



2



3



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!

We're here to help!

Scan here if you have any questions or concerns



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