



Thai Ginger & Coconut Chicken Curry

with Greens & Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Ginger



Broccoli



Asian Greens



Makrut Lime Leaves



Chicken Thigh



Coconut Milk



Lemon



Crispy Shallots

Hands-on: 20-30 mins
 Ready in: 30-40 mins

Eat me first

Thai cuisine is genius about using aromatics to add flavour. Here, we've doubled up on superstar ingredients, with fragrant garlic in the rice so it smells and tastes like a tropical holiday, plus an addition of makrut lime leaves in the curry for a delicious touch of citrus.

Unfortunately, this week's baby broccoli was in short supply, so we've replaced it with broccoli. Don't worry, the recipe will be just as delicious!

Pantry items

Olive Oil, Butter, Soy Sauce, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
water*	1½ cups	3 cups
basmati rice	1 packet	1 packet
salt*	¼ tsp	½ tsp
ginger	1 knob	2 knobs
broccoli	½ head	1 head
Asian greens	1 packet	1 packet
makrut lime leaves	2 leaves	4 leaves
chicken thigh	1 packet	1 packet
coconut milk	1 tin (200ml)	1 tin (400ml)
soy sauce*	½ tbs	1 tbs
brown sugar*	1 tsp	2 tsp
lemon	½	1
crispy shallots	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3302kJ (789Cal)	602kJ (143Cal)
Protein (g)	40.3g	7.3g
Fat, total (g)	36.5g	6.7g
- saturated (g)	26g	4.7g
Carbohydrate (g)	72.7g	13.2g
- sugars (g)	6.8g	1.2g
Sodium (mg)	637mg	116mg

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.



Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add the **water**, **basmati rice** and the **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Get prepped

While the rice is cooking, finely grate the **ginger**. Cut the **broccoli** (see ingredients) into small florets and roughly chop the stalk. Roughly chop the **Asian greens**. Remove the centre veins from the **makrut lime leaves** then very thinly slice. Cut the **chicken thigh** into 2cm strips.

TIP: Makrut lime leaves have a fibrous texture, so you want to cut them very thinly!



Brown the chicken

In a large frying pan, heat a drizzle of **olive oil** over a high heat. When the oil is hot, cook the **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**.



Make the curry

Add the **ginger**, **lime leaves** and remaining **garlic** to the **chicken** and stir to coat. Cook until fragrant, **1 minute**. Add the **coconut milk**, **soy sauce** and the **brown sugar**. Reduce the heat to medium-low and simmer until slightly reduced, **4-5 minutes**.



Finish the curry

Add the **broccoli** to the curry, cover with a lid or foil and cook until just tender, **4-5 minutes**. Remove from the heat, then stir through the **Asian greens** until just wilted, **1-2 minutes**.



Serve up

Slice the **lemon** into wedges. Divide the garlic rice between bowls, then top with the Thai ginger and coconut chicken curry. Garnish with the **crispy shallots** and serve with the lemon wedges.

Enjoy!