



# Mild Thai Green Chicken Curry

with Jasmine Rice & Makrut Lime Leaves

Grab your Meal Kit with this symbol



Jasmine Rice



Garlic



Capsicum



Green Beans



Chicken Breast



Makrut Lime Leaves



Thai Green Curry Paste



Coconut Cream



Coriander

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

Spicy (Thai green curry paste)

Eat me early

We're heating things up by using Thai green curry paste in this creamy sauce, adding a depth and spice that'll cure any case of tired tastebuds. Balance it out with a bed of jasmine rice and an infusion of citrus with makrut lime leaves to complete this perfect bowl.

## Pantry items

Olive Oil, 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
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
garlic	2 cloves	4 cloves
capsicum	1	2
green beans	1 bag (100g)	1 bag (200g)
chicken breast	1 packet	1 packet
makrut lime leaves	2 leaves	4 leaves
Thai green curry paste	½ tin	1 tin
coconut cream	1 tin (200ml)	1 tin (400ml)
water* (for the curry)	½ cup	1 cup
soy sauce*	½ tbs	1 tbs
brown sugar*	1 tsp	2 tsp
coriander	1 bunch	1 bunch

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3454kJ (825Cal)	612kJ (146Cal)
Protein (g)	47.6g	8.4g
Fat, total (g)	34.5g	6.1g
- saturated (g)	24.4g	4.3g
Carbohydrate (g)	77.8g	13.8g
- sugars (g)	13.8g	2.4g
Sodium (mg)	952mg	169mg

## Allergens

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

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



## 1 Cook the jasmine rice

In a medium saucepan, add the **water (for the rice)** and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

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



## 2 Get prepped

While the rice is cooking, finely chop the **garlic**. Cut the **capsicum** into 2 cm chunks. Trim and halve the **green beans**. Cut the **chicken breast** into 2cm chunks.



## 3 Brown the chicken

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook the **chicken**, tossing, until just browned, **2-3 minutes**. Add the **garlic** and cook until fragrant, **1 minute**.



## 4 Add the veggies

Reduce heat to medium-high, then add the **capsicum, green beans** and a dash of **water** to the **chicken**. Scrunch the **makrut lime leaves** in your hand, then add to the pan. Cook, tossing, until the veggies are starting to soften, **4-5 minutes**.



## 5 Simmer the curry

**SPICY!** The curry paste is spicy so use a little less if you prefer your curry mild. Add the **Thai green curry paste** (see ingredients) to the pan and cook, tossing, until coated and fragrant, **1 minute**. Add the **coconut cream, water (for the curry), soy sauce** and **brown sugar** and stir to combine. Reduce the heat to medium and simmer until the chicken is cooked through and the veggies are tender, **3-4 minutes**.



## 6 Serve up

Remove the makrut lime leaves from the curry. Roughly chop the **coriander**. Divide the jasmine rice between bowls. Top with the mild Thai green chicken curry and garnish with the coriander.

Enjoy!