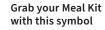


Mild Thai Green Chicken Curry

with Jasmine Rice & Makrut Lime Leaves

















Green Beans



Chicken Breast



Leaves



Curry Paste



Coconut Cream



Coriander

Pantry items

Olive Oil, Soy Sauce, Brown Sugar

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



Spicy (Thai green curry paste)

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.

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

3		
	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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!



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.



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**.



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.



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.



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!