



Oven-Ready Thai Green Chicken Curry

with Basmati Rice & Green Beans

HEAT & EAT



Grab your Meal Kit with this symbol



Microwavable Basmati Rice



Green Beans



Thai Green Chicken Curry

Prep in: **10-15** mins
Ready in: **30-35** 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 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

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

Ingredients

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



Bake the curry

- Preheat oven to **180°C/160°C fan-forced**. Boil the kettle.
- Remove plastic film from **Thai green curry** tray.
- Place tray directly on wire oven racks and bake until piping hot, **28-30 minutes**. Remove from oven, then set aside for **1 minute**.
- Meanwhile, microwave **basmati rice** until steaming, **2-3 minutes**. Set aside and allow to cool slightly.

Heat the green beans

- Meanwhile, trim **green beans**. Place **green beans** in a heatproof bowl.
- Pour over enough boiling water to cover. Cover with a plate or foil.
- Set aside until tender, **4-5 minutes**. Drain and season.

Serve up

- Divide rice, Thai green chicken curry and green beans between bowls. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2023 | CW06



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