



Oven-Ready Thai Green Chicken Curry

with Basmati Rice & Green Beans

HEAT & EAT

KID FRIENDLY

Grab your Meal Kit with this symbol



Thai Green Chicken Curry



Microwavable Basmati Rice



Green Beans

Recipe Update

The recent weather conditions across New Zealand have impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 5-15 mins
Ready in: 35-45 mins

Calorie Smart

Eat Me Early

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

Wire oven rack

Ingredients

	2 People	4 People
<i>olive oil*</i>	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 (71Cal)
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
Dietary Fibre (g)	7.9g	1.9g

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.

1



Heat the curry & rice

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

2



Heat the beans

- While the curry is heating, trim and halve **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, then season with **salt** and **pepper**.

3



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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