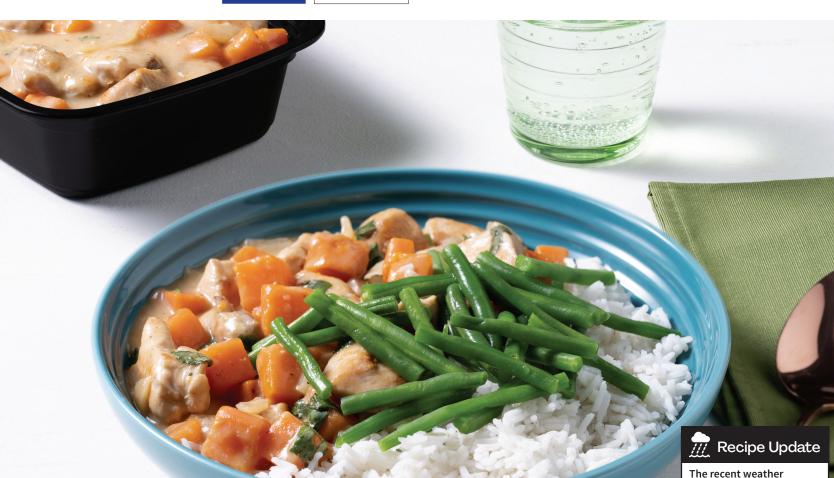


Oven-Ready Thai Green Chicken Curry

with Basmati Rice & Green Beans

HEAT & EAT

KID FRIENDLY



Grab your Meal Kit with this symbol







Thai Green Chicken Curry





Green Beans

Pantry items

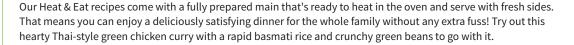
Olive Oil

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





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
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 (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.



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



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**.



Serve up

- · Divide basmati rice between bowls.
- Top with Thai green chicken curry and green beans. Enjoy!

