



Thai Red Chicken Curry

with Jasmine Rice & Crushed Peanuts

Grab your Meal Kit with this symbol



Jasmine Rice



Broccoli



Asian Greens



Garlic



Lemon



Chicken Breast



Thai Red Curry Paste



Coconut Cream



Crushed Peanuts

Hands-on: **25-35 mins**
Ready in: **30-40 mins**

Spicy (Thai red curry paste)

Eat me early

Enjoy the medley of fragrant flavours in this red curry with a gentle warming heat. With garlic and lemon bringing an enticing aroma and crushed peanuts for addictive crunch, this is an easy way to enjoy a taste of Thailand at home.

Pantry items

Olive Oil, Brown Sugar, Soy Sauce

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	2 packets
broccoli	1 head	2 heads
Asian greens	1 bunch	1 bunch
garlic	2 cloves	4 cloves
lemon	½	1
chicken breast	1 packet	1 packet
Thai red curry paste	¾ tin (75g)	1½ tins (150g)
coconut cream	1 packet (200ml)	1 packet (400ml)
water* (for the curry)	½ cup	1 cup
brown sugar*	1 tsp	2 tsp
soy sauce*	1 tbs	2 tbs
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4120kJ (985Cal)	697kJ (167Cal)
Protein (g)	55.4g	9.4g
Fat, total (g)	48.5g	8.2g
- saturated (g)	30.3g	5.1g
Carbohydrate (g)	78.4g	13.3g
- sugars (g)	12.6g	2.1g
Sodium (mg)	1590mg	269mg

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. Cook the rice

Add the **water (for the rice)** to a medium saucepan 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, cut the **broccoli** into small florets and roughly chop the stalk. Roughly chop the **Asian greens**. Finely chop the **garlic** (or use a garlic press). Zest the **lemon (see ingredients list)** to get a generous pinch, then slice into wedges. Cut the **chicken breast** into thin strips.



3. Start the curry

SPICY! *The curry paste is hot so use less if you're sensitive to heat.* In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. When the oil is hot, add the **chicken** and cook, turning, until browned, **4-5 minutes**. Transfer to a plate. Add the **broccoli** and a **splash of water** and cook, stirring, until softened, **5-6 minutes**. Add a **drizzle of olive oil**, the **garlic** and **Thai red curry paste (see ingredients list)** and cook until fragrant, **1 minute**.



4. Add the coconut cream

Add the **coconut cream**, **water (for the curry)** and **lemon zest** to the frying pan and simmer, stirring, until thickened, **4-5 minutes**.



5. Finish the curry

Add the **Asian greens**, **brown sugar** and **soy sauce** to the curry. Return the **chicken** (plus any **resting juices**) to the pan, then stir until the greens are wilted and the chicken has warmed through, **2 minutes**.



6. Serve up

Divide the jasmine rice between bowls and top with the Thai red chicken curry. Garnish with the **crushed peanuts** and serve with the lemon wedges.

Enjoy!