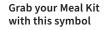
# Thai Red Chicken Curry with Jasmine Rice & Crushed Peanuts













Carrot





Chicken Breast



Curry Paste



Coconut Milk



**Crushed Peanuts** 

Spicy (Thai red curry paste)



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

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**

| ingi calcino     |   |  |
|------------------|---|--|
| 2 People         | 4 People  |  |
| refer to method  | refer to method   |  |
| 1¼ cups          | 2½ cups   |  |
| 1 packet         | 1 packet  |  |
| 1 head           | 2 heads   |  |
| 1                | 2   |  |
| 2 cloves         | 4 cloves  |  |
| 1 packet         | 1 packet  |  |
| ¾ packet         | 1½ packets  |  |
| (75g)            | (150g)  |  |
| 1 tin<br>(400ml) | 2 tins<br>(800ml)   |  |
| 1 tsp            | 2 tsp   |  |
| 1 tbs            | 2 tbs   |  |
| 1 packet         | 2 packets   |  |
|                  | 2 People refer to method 1¼ cups 1 packet 1 head 1 2 cloves 1 packet ¾ packet (75g) 1 tin (400ml) 1 tsp 1 tbs |  |

<sup>\*</sup>Pantry Items

#### **Nutrition**

| Avg Qty          | Per Serving      | Per 100g              |
|------------------|------------------|-----------------------|
| Energy (kJ)      | 4638kJ (1109Cal) | <b>623kJ</b> (149Cal) |
| Protein (g)      | 52g              | 7g                    |
| Fat, total (g)   | 56.8g            | 7.6g                  |
| - saturated (g)  | 28.1g            | 3.8g                  |
| Carbohydrate (g) | 84.6g            | 11.4g                 |
| - sugars (g)     | 15.2g            | 2g                    |
| Sodium (mg)      | 1645mg           | 221mg                 |

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.



#### Cook the rice

Add the water 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!



## Get prepped

While the rice is cooking, cut the **broccoli** into small florets and roughly chop the stalk. Thinly slice the **carrot** into half-moons. Finely chop the garlic. Cut the chicken breast into 2cm strips.



## Start the curry

**SPICY!** The curry paste is spicy 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, cook the **chicken** strips, turning, until browned, 4-5 minutes. Transfer to a plate. Return the frying pan to a medium-high heat. Cook the **broccoli** and **carrot** with a splash of water, stirring, until softened, 5-6 minutes. Add a drizzle of olive oil, the garlic and Thai red curry paste (see ingredients) and cook until fragrant, 1 minute.



## Make it creamy

Add the coconut milk and simmer, stirring, until thickened, 4-5 minutes.



### Finish the curry

Add the **brown sugar** and **soy sauce**, then return the chicken (plus any resting juices) to the pan. Stir until the chicken has warmed through, 2 minutes.



### Serve up

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

Enjoy!