

# Thai Red Chicken Curry

with Jasmine Rice & Crushed Peanuts

Grab your Meal Kit with this symbol



Jasmine Rice



Broccoli



Carrot



Garlic



Chicken Breast



Thai Red Curry Paste



Coconut Milk



Crushed Peanuts



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



Eat Me Early



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.

### 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*	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
broccoli	1 head	2 heads
carrot	1	2
garlic	2 cloves	4 cloves
chicken breast	1 packet	1 packet
Thai red curry paste	¾ packet (75g)	1½ packets (150g)
coconut milk	1 tin (400ml)	2 tins (800ml)
brown sugar*	1 tsp	2 tsp
soy sauce*	1 tbs	2 tbs
crushed peanuts	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4638kJ (1109Cal)	623kJ (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](https://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!