



Ginger & Coconut Chicken Curry

with Garlic Rice & Greens

Grab your Meal Kit
with this symbol



Garlic



Basmati Rice



Ginger



Broccoli



Asian Greens



Chicken Thigh



Coconut Milk



Oyster Sauce



Long Green Chilli
(Optional)



Lemon



Hands-on: **20-30** mins
Ready in: **30-40** mins



Spicy (optional long
green chilli)



Eat me early

Thai cuisine is genius about using aromatics to add flavour. Here, we've doubled up on superstar ingredients, with fragrant garlic in the rice so it smells and tastes like a tropical holiday, plus a serving of lemon on the side to add a delicious touch of citrus.

Pantry items

Olive Oil, Butter, Brown Sugar

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 with a lid (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
water*	1½ cups	3 cups
basmati rice	1 packet	2 packets
salt*	¼ tsp	½ tsp
ginger	1 knob	2 knobs
broccolini	1 bunch	1 bunch
Asian greens	1 packet	1 packet
chicken thigh	1 packet	1 packet
coconut milk	1 tin (200ml)	1 tin (400ml)
oyster sauce	1 packet (45g)	1 packet (100g)
brown sugar*	1 tsp	2 tsp
long green chilli (optional)	½	1
lemon	½	1

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3330kJ (796Cal)	690kJ (165Cal)
Protein (g)	40.6g	8.4g
Fat, total (g)	34.0g	7.0g
- saturated (g)	20.0g	4.1g
Carbohydrate (g)	75.8g	15.7g
- sugars (g)	10.7g	2.2g
Sodium (mg)	1460mg	303mg

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 garlic rice

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add **1/2** the **garlic** and cook until fragrant, **1-2 minutes**. Add the **water**, **basmati rice** and the **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



2. Get prepped

While the rice is cooking, finely grate the **ginger**. Trim the **broccolini** and cut in half. Roughly chop the **Asian greens**. Cut the **chicken thigh** into 2cm strips.



3. Brown the chicken

In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. When the oil is hot, add the **chicken** and cook, tossing occasionally, until browned and cooked through, **5-6 minutes**.



4. Add the aromatics

Add the **ginger** and **remaining garlic** to the **chicken** and stir to coat. Cook until fragrant, **1 minute**. Add the **coconut milk**, **oyster sauce** and **brown sugar**. Reduce the heat to medium-low and simmer until slightly reduced, **4-5 minutes**.



5. Finish the curry

Add the **broccolini** to the curry, cover with a lid or foil and cook until just tender, **4-5 minutes**. Remove the pan from the heat and stir through the **Asian greens** until just wilted, **1-2 minutes**. Thinly slice the **long green chilli** (see ingredients list), if using. Slice the **lemon** into wedges.



6. Serve up

Divide the garlic rice between bowls and top with the ginger and coconut chicken curry. Garnish with the chilli (if using) and serve with the lemon wedges.

Enjoy!