



# Thai Green Chicken Curry

with Jasmine Rice & Crushed Peanuts

Grab your Meal Kit with this symbol



Jasmine Rice



Baby Broccoli



Carrot



Garlic



Asian Greens



Lime



Thai Green Curry Paste



Coconut Milk



Crushed Peanuts



Chicken Breast Strips

Prep in: **20-30 mins**  
Ready in: **25-35 mins**

Eat Me Early

When you're trying to answer that time long question "what's for dinner", a curry is always a good go-to solution. This easy recipe will ensure you have a delicious green curry with soft rice and succulent chicken ready in no time.

### 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
<b>olive oil*</b>	refer to method	refer to method
<b>water*</b> (for the rice)	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
baby broccoli	1 bag	1 bag
carrot	1	2
garlic	2 cloves	4 cloves
Asian greens	1 bunch	2 bunches
lime	½	1
chicken breast strips	1 packet	1 packet
Thai green curry paste 🌶️	½ tin	1 tin
coconut milk	1 box (200ml)	2 tins (330ml)
<b>water*</b> (for the curry)	¼ cup	½ cup
<b>brown sugar*</b>	1 tsp	2 tsp
<b>soy sauce*</b>	½ tbs	1 tbs
crushed peanuts	1 medium packet	2 medium packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3781kJ (903Cal)	572kJ (136Cal)
Protein (g)	45g	6.8g
Fat, total (g)	41.4g	6.3g
- saturated (g)	21.4g	3.2g
Carbohydrate (g)	84.4g	12.8g
- sugars (g)	16.2g	2.5g
Sodium (mg)	1410mg	213mg

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.

## We're here to help!

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## Cook the rice

- In medium saucepan, bring the **water (for the rice)** to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove pan from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

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



## Cook the curry

- **SPICY!** The curry paste is hot, use less if you're sensitive to heat.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **garlic, lime zest** and **Thai green curry paste** (see ingredients) until fragrant, **1 minute**.
- Reduce heat to medium, then return **chicken** and **veggies** to the pan. Add **coconut milk, water (for the curry)** and the **brown sugar** and simmer, until sauce has thickened slightly, **2-3 minutes**.
- Add **Asian greens**, the **soy sauce** and a squeeze of **lime juice** and stir until wilted and heated through.



## Get prepped

- Meanwhile, trim **baby broccoli** (halve any thick stalks lengthways). Thinly slice **carrot** into half-moons. Finely chop **garlic**. Roughly chop **Asian greens**. Zest **lime** to get a pinch and slice into wedges. Cut **chicken breast strips** into 2cm chunks.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, cook **chicken, baby broccoli** and **carrot**, tossing occasionally, until chicken is cooked through and veggies are tender, **5-6 minutes**. Season with **salt** and **pepper**. Transfer to a bowl.



## Serve up

- Divide jasmine rice between bowls and top with Thai green chicken curry.
- Garnish with **crushed peanuts**.
- Serve with any remaining lime wedges. Enjoy!

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