



Thai Green Style Chicken Curry

with Baby Spinach and Fragrant Jasmine Rice

Super Quick 15 Minutes • **Medium Spice**

7



Jasmine Rice



Thai Green Style Paste



Thai Style Spice Blend



Coconut Milk



Chicken Stock Paste



Diced Chicken Thigh



Lime



Baby Spinach



Diced Chicken Breast

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Kettle and saucepan.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Thai Green Style Paste	45g	67g	90g
Thai Style Spice Blend 3)	1 sachet	1 sachet	2 sachets
Coconut Milk	180ml	250ml	360ml
Chicken Stock Paste	10g	15g	20g
Diced Chicken Thigh**	240g	390g	520g
Lime**	1	1	1
Baby Spinach**	40g	100g	100g
Diced Chicken Breast**	240g	390g	520g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	383g	100g	383g	100g
Energy (kJ/kcal)	2830 / 676	738 / 176	2568 / 614	670 / 160
Fat (g)	30.2	7.9	20.0	5.2
Sat. Fat (g)	17.5	4.6	14.5	3.8
Carbohydrate (g)	68.0	17.7	67.7	17.7
Sugars (g)	3.6	0.9	3.6	0.9
Protein (g)	37.1	9.7	40.0	10.4
Salt (g)	2.19	0.57	2.12	0.55

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

 You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



1



Rice Time

- Boil a half-full kettle. Pour it into a saucepan with **¼ tsp salt** on high heat.
- Boil the **rice**, 12-13 mins.
- Once cooked, drain, pop back in the pan and cover.

2



Curry Up

- Meanwhile, heat a drizzle of **oil** in a saucepan on medium-high heat.
- Once hot, fry the **Thai green style paste** and **Thai style spice blend** (add less if you'd prefer things milder), 30 secs.
- Stir in the **coconut milk** and **chicken stock paste**.
- Add the **chicken**. Bring to the boil, then lower the heat. Simmer, 10-12 mins.
IMPORTANT: Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.

CUSTOM RECIPE

If you've chosen **diced chicken breast** instead of **thigh**, cook the recipe in the same way.

3



Add Spinach

- Meanwhile, halve the **lime**.
- Once thickened, add the **spinach** to the **curry** in handfuls, making sure it's piping hot, 1-2 mins.
- Squeeze in some **lime juice**. Add a splash of **water** if it's too thick.
- Taste and season with **salt, pepper** and more **lime juice** if needed.

4



Dinner's Ready!

- Fluff up the **rice** and share between your bowls.
- Top with the **curry**.
- Cut any remaining **lime** into wedges for squeezing over.

Enjoy!