

# **Green Thai Style Chicken Curry**

with Rice, Peppers and Green Beans

RAPID 20 Minutes • Medium Heat • 1 of your 5 a day







Green Beans



**Red Pepper** 



Coriander

Diced Chicken Thigh



Green Thai Curry Paste



Coconut Milk



Steamed Basmati Rice





Soy Sauce

# Before you start

Our fruit, veggies and herbs need a wash before vou use them!

### Basic cooking tools you will need:

Large Frying Pan.

### Ingredients

	2P	3P	4P
Green Beans**	1 small pack	1 large pack	2 small packs
Red Pepper**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Diced Chicken Thigh**	210g	350g	420g
Green Thai Curry Paste	1 sachet	1⅓ sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Steamed Basmati Rice	1 pouch	1½ pouches	2 pouches
Lime**	1	1	1
Soy Sauce <b>11) 13)</b>	½ sachet	¾ sachet	1 sachet
*Not Included ** Store in the Fridge			

#### **Nutrition**

	Per serving	Per 100g
for uncooked ingredients	545g	100g
Energy (kJ/kcal)	2517/602	462/110
Fat (g)	32	6
Sat. Fat (g)	20	4
Carbohydrate (g)	50	9
Sugars (g)	7	1
Protein (g)	30	6
Salt (g)	1.66	0.30

Nutrition for uncooked ingredients based on 2 person recipe.

#### **Allergens**

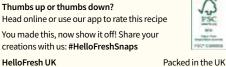
11) Soya 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

#### Contact

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## 1. Prep the Veggies

- a) Trim the green beans and chop into thirds.
- b) Halve the red pepper and discard the core and **seeds**. Slice into thin strips.
- c) Roughly chop the coriander (stalks and all).



# 2. Start the Curry

- a) Heat a splash of oil in a large frying pan on medium-high heat.
- **b)** Add the **chicken** and stir-fry until starting to brown, 3-4 mins.
- c) Add the pepper and green beans and stir-fry for another minute.



## 3. Simmer the Curry

- a) Stir in the Thai green curry paste and cook for 30 seconds.
- **b)** Pour in the **coconut milk**, stir to dissolve the **paste**.
- c) Lower the heat to medium, cover with a lid (or foil) and simmer until the chicken is cooked through, 8-10 mins and the veg is tender.

**IMPORTANT:** The chicken is cooked when no longer pink in the middle.



## 4. Cook the Rice

a) Meanwhile, cook the rice according to pack instructions.



## 5. Finish Off

- a) Chop the lime into wedges.
- b) Once the curry is cooked, remove from the heat, stir through the soy sauce and add a squeeze of lime juice.
- c) Season to taste with salt and pepper, add more **lime** if you like.



## 6. Serve

- a) Share the rice between your bowls topped with the curry and a sprinkling of coriander.
- **b)** Finish with the remaining **lime wedges**.

## **Enjoy!**

### There may be changes to ingredients in recipes:

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.