



# Green Thai Style Chicken Curry

with Rice, Peppers and Green Beans

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

N° 14



Green Beans



Red Pepper



Coriander



Diced Chicken Thigh



Green Thai Curry Paste



Coconut Milk



Steamed Basmati Rice



Lime



Soy Sauce

## Before you start

Our fruit, veggies and herbs need a wash before you 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	1½ 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

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



## 4. Cook the Rice

- Meanwhile, cook the **rice** according to pack instructions.



## 2. Start the Curry

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



## 5. Finish Off

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



## 3. Simmer the Curry

- Stir in the **Thai green curry paste** and cook for 30 seconds.
- Pour in the **coconut milk**, stir to dissolve the **paste**.
- 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.



## 6. Serve

- Share the **rice** between your bowls topped with the curry and a sprinkling of **coriander**.
- 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.