



TAYO'S GREEN CURRY

with Carrot Rice



HELLO COCONUT

Coconut milk is actually the flesh of the fruit mixed with water.



Lime



Diced Chicken Thigh



Red Pepper



Ginger



Garlic Clove



Spring Onion



Red Chilli



Chicken Stock Pot



Basmati Rice



Coconut Milk



Fish Sauce



Carrot



Coriander

Tayo, our Global Operations Technology Manager (catchy title right?), is the mastermind behind tonight's delicious dish. Although Chef Mimi was a little sceptical when he came to her with the recipe, once she'd cooked and tasted it for herself she knew that this recipe needed to be shared! Quick and simple to make, this 'Not so Thai Green Curry' has all the flavours of the much-loved classic just without the curry paste. Enjoy!

35 mins

2 of your 5 a day

Little heat

BEFORE YOU START

Our fruit and veggies may need a **little wash** before you use them! Make sure you have a **Fine Grater**, **Measuring Jug**, **Large Saucepan** (with a **Lid**), **Frying Pan**, **Can Opener** and **Coarse Grater**. Now, let's get cooking!



1 MARINATE THE CHICKEN

Zest the **lime** and pop it into a bowl. Squeeze in half the **lime juice**, and add a good pinch of **salt** and **pepper**. Add the **chicken** to the **marinade**, stir together and leave to one side.



2 PREP TIME!

Halve, then remove the core from the **red pepper** and cut into thin slices. Peel and grate the **ginger** and **garlic** (or use a garlic press). Remove the root from the **spring onion**. Cut off the green parts, thinly slice and keep to one side. Halve the white parts lengthways, then chop each half into three chunks. Halve the **red chilli** lengthways, deseed and finely chop.



3 COOK THE RICE

Pour the **water** (see ingredients for amount) into a large saucepan and add the **stock pot**. Pop on medium-high heat and bring to the boil. Stir to dissolve the **stock pot**. Once boiling add the **rice** and bring back to a simmer, then reduce the heat to medium low, and pop a lid on. Cook for 10 mins then remove from the heat and set aside (still covered) for another 10 mins. **★ TIP:** The rice will finish cooking in its own steam.



4 FRY THE CHICKEN

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Wait until the **oil** is nice and hot, then add the **chicken**. Fry until the **chicken** is browned on the outside, 5-6 mins. Don't stir it too much or it won't brown. Remove the **chicken** from your pan and add the **pepper** and **whites** of the **spring onion**. Season with a pinch of **salt** and **pepper** and stir-fry until slightly browned and softened, 4-5 mins.



5 SIMMER THE CURRY

Return the **chicken** to your pan along with the **chilli** (add less if you don't like spice), **ginger** and **garlic**. Stir together and cook for 1 minute, then pour in the **coconut milk** and **fish sauce**. Stir to get all the crispy bits from the bottom of your pan. Simmer until the curry has thickened and the **chicken** is cooked, 8-10 mins. **❗ IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



6 FINISH AND SERVE

Meanwhile, remove the top and bottom from the **carrot** (no need to peel) and grate on the coarse grater. Roughly chop the **coriander** (stalks and all). Once the **rice** is cooked, fluff it up with a fork and stir in the grated **carrot**. Taste the curry and add **lime juice**, **salt** and **pepper** if needed. Spoon the **rice** into bowls and top with a good helping of **curry**. Sprinkle over the **coriander** and **greens** of the **spring onions**. **Enjoy!**

2 PEOPLE INGREDIENTS

Lime	1
Diced Chicken Thigh	280g
Red Pepper, sliced	1
Ginger, grated	1 piece
Garlic Clove, grated	1
Spring Onion, chopped	3
Red Chilli, chopped	½
Water*	300ml
Chicken Stock Pot	½
Basmati Rice	150g
Coconut Milk	400ml
Fish Sauce 4)	½ sachet
Carrot, grated	1
Coriander, chopped	1 small bunch

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PERSERVING 673G	PER 100G
Energy (kcal)	1022	152
(kJ)	4276	635
Fat (g)	53	8
Sat. Fat (g)	37	6
Carbohydrate (g)	84	12
Sugars (g)	20	3
Protein (g)	53	8
Salt (g)	4.56	0.68

ALLERGENS

4) Fish

Fish Sauce: Anchovies Extract (**Fish**) (Water, Anchovy (**Fish**), Salt, Sugar.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between use.

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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