



Thai Green Style Chicken Curry

with Baby Spinach and Fragrant Jasmine Rice

Rapid 20 Minutes • Mild Spice • 1 of your 5 a day

12



Jasmine Rice



Garlic Clove



Thai Green Curry Paste



Coconut Milk



Chicken Stock Paste



Diced Chicken Thigh



Red Chilli



Lime



Spring Onion



Baby Spinach



Diced Chicken Breast

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on 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.

Cooking tools

Kettle, saucepan, sieve, lid, garlic press and fine grater.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Garlic Clove**	2	3	4
Thai Green Curry Paste	45g	68g	90g
Coconut Milk	200ml	300ml	400ml
Chicken Stock Paste	10g	15g	20g
Diced Chicken Thigh**	260g	390g	520g
Red Chilli**	½	¾	1
Lime**	1	1	1
Spring Onion**	1	2	2
Baby Spinach**	40g	80g	80g
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	413g	100g	413g	100g
Energy (kJ/kcal)	2958 / 707	716 / 171	2697 / 644	653 / 156
Fat (g)	31.9	7.7	21.8	5.3
Sat. Fat (g)	20.0	4.8	17.1	4.1
Carbohydrate (g)	70.8	17.1	70.5	17.1
Sugars (g)	4.5	1.1	4.5	1.1
Protein (g)	38.3	9.3	41.2	10.0
Salt (g)	2.22	0.54	2.16	0.52

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

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, 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.

Contact

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Cook the Rice

- Boil a full kettle.
- Pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat.
- Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Prep the Garnishes

- Meanwhile, halve the **chilli** lengthways, deseed, then thinly slice (see ingredients for amount).
- Zest and halve the **lime**.
- Trim and thinly slice the **spring onion**.



Bring on the Flavour

- Peel and grate the **garlic** (or use a garlic press).
- Heat a drizzle of **oil** in a large saucepan on medium-high heat.
- Once hot, add the green **Thai green curry paste** and **garlic**. Stir-fry until fragrant, 30 secs.
- Stir in the **coconut milk**, **chicken stock paste** and **water for the sauce** (see pantry for amount).



Add the Spinach

- Once the **chicken** is cooked and the **sauce** has thickened, add the **spinach** to the **curry** a handful at a time until wilted and piping hot, 1-2 mins.
- Squeeze in some **lime juice**. Add a splash of **water** if it's a little thick.
- Taste and season with **salt**, **pepper** and more **lime juice** if needed, then remove from the heat.



Poach the Chicken

- Stir in the **diced chicken thigh** and bring to the boil, then lower the heat.
- Simmer until the **chicken** is cooked and the **sauce** has thickened, 10-12 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

CUSTOM RECIPE

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



Finish and Serve

- When everything's ready, fluff up the **rice** with a fork and stir through the **lime zest**.
- Share the **zesty rice** between your bowls and spoon over the **chicken curry**.
- Sprinkle over the **chilli** (use less if you'd prefer things milder) and **spring onion** to finish.
- Cut any **remaining lime** into **wedges** and serve alongside for squeezing over.

Enjoy!