



More Than Food  
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## Thai Massaman Rice with Chicken and Chestnut Mushrooms

When our Head Chef decided to get some work experience in a law firm after university, the usual choices (London, Belgium, Frankfurt) didn't really appeal. So he decided to go to Bangkok. A month in an office meant three months of pocket money on the islands, so the maths made sense. During the day instead of eating with the lawyers at lunchtime, he'd nip over to a nearby food hall and feast with all the locals. Massaman rice was his go-to dish, so this week he decided to take a trip down memory lane.

30 mins

1 of your 5 a day

mealkit

super spicy



Water  
(300ml)



Chestnut Mushrooms  
(1 punnet)



Coriander  
(½ bunch)



Chicken Thigh  
(3)



Basmati Rice  
(150g)



Cornflour  
(20g)



Cashew Nuts  
(25g)



Massaman Curry  
Paste (1 tbsp)



Coconut Milk  
(200ml)



Peanut Butter  
(1 tbsp)



Lime  
(½)


## 2 PEOPLE INGREDIENTS

- Water
- Chestnut Mushrooms, chopped
- Coriander, chopped
- Chicken Thigh
- Basmati Rice
- Cornflour

**300ml**  
**1 punnet**  
**½ bunch**  
**3**  
**150g**  
**20g**

- Cashew Nuts
- Massaman Curry Paste
- Coconut Milk
- Peanut Butter
- Lime

**25g**  
**1 tbsp**  
**200ml**  
**1 tbsp**  
**½**

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

Also known as Matsaman curry, it is believed that this dish was introduced to Thailand by Persian merchants in the 17th century and soon became an integral part of Thai Muslim cuisine.

**Allergens:** Nut, Peanut.

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	898 kcal / 3760 kJ	46 g	22 g	74 g	4 g	21 g	1 g
Per 100g	159 kcal / 666 kJ	8 g	4 g	13 g	1 g	4 g	0 g



**1** Boil a pot of **water** (amount specified in the ingredient list) with a pinch of **salt** for the rice. Roughly chop the **chestnut mushrooms** and the **coriander**. Cut the **chicken** into pieces the size of a 50 pence.



**3** Put your **chicken** in a bowl and coat with the **cornflour**. Add a pinch of **salt** and a few grinds of **black pepper**. Mix everything thoroughly and leave to the side.



**5** Remove your **nuts** from the pan and add a splash of **oil**. Once really hot add your **chicken** to the pan for 5 mins. Seal your **chicken** on all sides, then remove and keep to the side. **Tip:** Your chicken should be brown - cook in batches if you have a small pan.



**6** Add a splash of **oil** to the now empty pan together with the **massaman curry paste**. **Tip:** If you don't want it very spicy then add a little less. Stir the paste for 1 minute and then add the **coconut milk**, **chicken** and **chestnut mushrooms**. Once your **coconut milk** comes to the boil add the **peanut butter** and turn the heat to low. Gently simmer for 10 mins. **Tip:** The chicken is cooked when it is no longer pink in the middle.

**7** Fluff up your **rice** with a fork and add it to the pan with your **massaman sauce**. Gently fold your **rice** and three-quarters of your **coriander** into your **sauce**. Squeeze over the **juice** of the **lime**. Serve in bowls and garnish with your remaining **coriander**, your **nuts** and some **lime wedges** (if you have any left).

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!