



Thai Red Chicken Curry

with Baby Corn, Green Beans and Jasmine Rice

CLASSIC 35 Minutes • Little Heat • Tastiest if Cooked First



Jasmine Rice



Baby Corn



Green Beans



Lime



Diced Chicken Thigh



Red Thai Curry Paste



Coconut Milk

Before you start

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

Basic cooking tools you will need:

Measuring Jug, Saucepan, Fine Grater and Large Frying Pan.

Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Baby Corn**	1 pack	2 packs	2 packs
Green Beans**	1 small pack	1 large pack	1 large pack
Lime**	½	¾	1
Diced Chicken Thigh**	280g	420g	560g
Red Thai Curry Paste	1 sachet	1½ sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Water for the Curry*	100ml	150ml	200ml

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	419g	100g
Energy (kJ/kcal)	3056 / 731	730 / 175
Fat (g)	35	8
Sat. Fat (g)	20	5
Carbohydrate (g)	65	15
Sugars (g)	3	1
Protein (g)	38	9
Salt (g)	1.49	0.36

Nutrition for uncooked ingredients based on 2 person recipe.

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.

Contact

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1. Cook The Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp of **salt**, stir in the **jasmine rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



4. Simmer The Curry

Stir the **coconut milk** and **water** (see ingredients for amounts) into the **chicken**, bring to a simmer and season with **salt** and **pepper**. Simmer for 3 mins then mix through the **beans** and **baby corn** and cover with a lid or foil. Cook until the **vegetables** are just tender and the **chicken** cooked, 5-6 mins. Remove from the heat.

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



2. Get Prepped!

Meanwhile, halve the **baby corn** lengthways. Trim the **green beans** then chop in half. Zest and halve the **lime**.



5. Rice Time!

Once the **rice** is cooked, carefully stir through **half** the **lime zest** with a fork.



3. Start The Curry

Heat a drizzle of **oil** in a large frying pan over high heat. Once hot, add the **diced chicken** and cook, stirring, until golden brown, 5-6 mins. Add the **curry paste** and cook, stirring, for 1 min, until fragrant.



6. Serve!

Squeeze **half** the **lime juice** into the **curry**, taste and add more **salt**, **pepper** and **lime juice** if you feel it needs it. Cut the remaining **lime** into wedges. Divide the **rice** between bowls and top with the **chicken curry**. Scatter over the remaining **lime zest** if you like and serve with the **lime wedges**.

Enjoy!