



Vietnamese Chicken Ca ri

with Mushrooms and Basmati Rice



HELLO LEMONGRASS

This grass has many uses. In oil form, lemongrass can be used as an insect repellent.



Chicken Stock Pot



Lemongrass



Basmati Rice



Leek



Closed Cup Mushrooms



Diced Chicken Thigh



Easy Ginger



Easy Garlic



Thai Spice Blend



Coconut Milk



Coriander



Lime

MEAL BAG

40 mins

3 of your 5 a day

Little Heat

Curry can seem like a daunting dish to make at home, especially when you're in a hurry. But with this recipe, you'll have time and flavour on your side! When Mimi was creating this recipe, she received a surprise visit from the Brownlee brothers, who tasted and critiqued it with the culinary team. They even suggested a few tweaks which she applied! If it gets gold from Olympic athletes, we're sure you'll love it too!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Rolling Pin, Fine Grater** (or **Garlic Press**), **Frying Pan, Measuring Jug** and **Sieve**. Now, let's get cooking!



1 BASH THE LEMONGRASS

Bring the **water** (see ingredients for amount) to the boil in a saucepan with half the **stock pot**. Stir to dissolve. Bash the **lemongrass** with a rolling pin and cut it in half. Add half of it to the saucepan along with the **rice**. Bring to the boil, reduce the heat to low, cover with a lid and simmer for 10 mins. Remove from the heat and set aside (the rice will continue to cook in its own steam).



2 PREP THE VEGGIES

Meanwhile, remove the top and bottom from the **leek**, cut in half lengthways and slice into thin half moons. Cut each **mushroom** into four or five slices.



3 FRY THE CHICKEN

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once the **oil** is hot, add the **chicken**. Cook until browned, stirring occasionally, 4-5 mins. Add the **leek** and **mushrooms** to the pan. Stir together and cook until the **leeks** are soft and the **mushrooms** are brown, 5-6 mins.



4 MAKE THE CURRY SAUCE

Add the **easy ginger** and **garlic** and remaining **lemongrass** to your frying pan along with the **Thai spice**. Stir together and cook for 1 minute. Add the **coconut milk**, remaining **stock pot** and the **water** (see ingredients for amount). Bring to a simmer and leave to bubble away to let the flavours develop, 5-7 mins. This is your curry!

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



5 SEASON THE CURRY

While the curry cooks, roughly chop the **coriander** (both leaves and stalks). Once the curry is ready, squeeze in half the **lime juice**, taste and then add more **lime juice**, **salt** and **pepper** if necessary. Stir in half the **coriander**.



6 FINISH AND SERVE

When the **rice** is cooked, discard the **lemongrass** and fluff up with a fork. Spoon into deep bowls and ladle the **chicken curry** on top - remember to fish out the **lemongrass!** Sprinkle over the remaining **coriander**. **Enjoy!**

2 PEOPLE INGREDIENTS

Water for the Rice*	300ml
Chicken Stock Pot	1
Lemongrass, halved	1
Basmati Rice	150g
Leek, sliced	1
Closed Cup Mushrooms	1 large punnet
Diced Chicken Thigh	270g
Easy Ginger	½ sachet
Easy Garlic	½ sachet
Thai Spice Blend	1 tsp
Coconut Milk	200ml
Water for the Curry*	50ml
Coriander	1 small bunch
Lime	1

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 763G	PER 100G
Energy (kcal)	776	102
(kJ)	3247	425
Fat (g)	32	4
Sat. Fat (g)	20	3
Carbohydrate (g)	72	9
Sugars (g)	8	1
Protein (g)	49	6
Salt (g)	2.81	0.37

ALLERGENS

10) Mustard

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract.

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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