



Ultimate Thai Green Style Chicken Curry

with Mangetout, Jasmine Rice and Peanuts

Ultimate 35-40 Minutes • Medium Spice • 1 of your 5 a day

36



Lime



Garlic Clove



Thai Style
Spice Blend



Chicken Breast



Jasmine Rice



Green Thai
Style Paste



Coconut Milk



Chicken Stock
Paste



Mangetout



Salted Peanuts

Pantry Items

Oil, Salt, Pepper, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Fine grater, garlic press, bowl, baking tray, saucepan, lid and rolling pin.

Ingredients

Ingredients	2P	3P	4P
Lime**	1	1	1
Garlic Clove**	3	4	6
Thai Style Spice Blend 3	1 sachet	1 sachet	2 sachets
Chicken Breast**	2	3	4
Jasmine Rice	150g	225g	300g
Green Thai Style Paste	45g	67g	90g
Coconut Milk	200ml	300ml	400ml
Chicken Stock Paste	10g	15g	20g
Mangetout**	80g	150g	150g
Salted Peanuts 1	25g	40g	40g
Pantry	2P	3P	4P
Olive Oil for the Marinade*	1 tbsp	1½ tbsp	2 tbsp
Water for the Rice*	300ml	450ml	600ml
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	467g	100g
Energy (kJ/kcal)	3471 /830	743 /178
Fat (g)	37.9	8.1
Sat. Fat (g)	22.4	4.8
Carbohydrate (g)	72.4	15.5
Sugars (g)	5.7	1.2
Protein (g)	52.8	11.3
Salt (g)	2.48	0.53

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

Allergens

1) Peanut **3)** Sesame

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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1 Make the Marinade

Preheat your oven to 220°C/200°C fan/gas mark 7.
Zest and halve the **lime**. Peel and grate the **garlic** (or use a garlic press).

In a medium bowl, mix together the **Thai style spice blend**, **olive oil for the marinade** (see pantry for amount) and **half the garlic**. Squeeze in a little **lime juice**, season with **salt** and **pepper**, then mix well.



2 Roast the Chicken

Add the **chicken** to the bowl of **marinade** and turn to coat it, then transfer to a baking tray.

When the oven is hot, roast on the top shelf until cooked through, 25-30 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.*



3 Cook the Rice

Meanwhile, pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

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 Start your Curry

In the meantime, heat a drizzle of **oil** in a large saucepan on medium-high heat.

Once hot, add the **green Thai style paste** and remaining **garlic**. Stir-fry for 30 secs.

Stir in the **coconut milk**, **chicken stock paste** and **water for the sauce** (see pantry for amount). Bring to a boil, then lower the heat.

Simmer the **sauce** until it's slightly thickened, 3-4 mins.



5 Bring on the Mangetout

Once thickened, add the **mangetout** to the **sauce** and simmer gently until tender, 2-3 mins.

Meanwhile, crush the **peanuts** in the unopened sachet using a rolling pin.

Once the **mangetout** is cooked, squeeze in some **lime juice**. Season with **salt** and **pepper**, then taste and season again if needed.



6 Finish and Serve

When everything's ready, fluff the **rice** up with a fork, then stir through the **lime zest** and share it between your bowls.

Spoon the **curry sauce** over the **rice** (reheat first if needed). Cut the **chicken** widthways into 5 slices and lay it on top.

Finish with a sprinkling of **peanuts** and any remaining **lime** cut into **wedges** for squeezing over.

Enjoy!