



Thai Green Style Chicken Curry

with Baby Spinach and Fragrant Jasmine Rice

Super Quick 15 Minutes • Mild Spice

7



Jasmine Rice



Thai Green Style Curry Paste



Coconut Milk



Chicken Stock Paste



Diced Chicken Thigh



Lime



Baby Spinach



Chilli Flakes



Diced Chicken Breast

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to swap or upgrade your 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. Ingredients in red are hot!

Cooking tools

Kettle and saucepan.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Thai Green Style Curry Paste	45g	67g	90g
Coconut Milk	200ml	300ml	400ml
Chicken Stock Paste	10g	15g	20g
Diced Chicken Thigh**	260g	390g	520g
Lime**	1	1	1
Baby Spinach**	40g	100g	100g
Chilli Flakes	1 pinch	1 pinch	2 pinches
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	393g	100g	393g	100g
Energy (kJ/kcal)	3075 /735	783 /187	2816 /673	717 /171
Fat (g)	36.1	9.2	26.0	6.6
Sat. Fat (g)	23.3	5.9	20.3	5.2
Carbohydrate (g)	68.8	17.5	68.5	17.4
Sugars (g)	3.8	1.0	3.8	1.0
Protein (g)	38.2	9.7	41.1	10.5
Salt (g)	2.31	0.59	2.24	0.57

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

Allergens

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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Rice Time

- Boil a half-full kettle. Pour it into a saucepan with $\frac{1}{4}$ tsp salt on high heat.
- Boil the **rice**, 10-12 mins.
- Once cooked, drain, pop back in the pan and cover.



Add Spinach

- Meanwhile, halve the **lime**.
- Once thickened, add the **spinach** to the **curry** in handfuls, 1-2 mins.
- Squeeze in some **lime juice**. Add a splash of **water** if it's too thick.
- Taste and season with **salt, pepper** and more **lime juice** if needed.



Curry Up

- Meanwhile, heat a drizzle of **oil** in a saucepan on medium-high heat.
- Once hot, fry the **Thai green style curry paste**, 30 secs.
- Next, stir in the **coconut milk, chicken stock paste** and **water for the sauce** (see pantry).
- Add the **diced chicken**. Bring to the boil, then lower the heat. Simmer, 10-12 mins. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no 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.



Dinner's Ready!

- Fluff up the **rice** and share between your bowls.
- Top with the **curry**.
- Sprinkle over the **chilli flakes** (add less if you'd prefer things milder).
- Cut any remaining **lime** into **wedges** for squeezing over.

Enjoy!