

# Thai Green Style Chicken Breast Curry

with Baby Spinach and Fragrant Jasmine Rice

20 Minutes · Mild Spice







Jasmine Rice



Coconut Milk

Diced Chicken **Breast** 





Thai Green Style Paste



Vegetable Stock



Lime



**Baby Spinach** 



Chilli Flakes

**Pantry Items** Oil, Salt, Pepper

#### Before you start

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

# Cooking tools

Kettle, saucepan, sieve, lid, garlic press and fine grater. Ingredients

Ingredients	2P	3P	4P	
Jasmine Rice	150g	225g	300g	
Garlic Clove**	2	3	4	
Thai Green Style Paste	45g	67g	90g	
Coconut Milk	200 ml	300 ml	400 ml	
Vegetable Stock Paste <b>10)</b>	10g	15g	20g	
Diced Chicken Breast**	260g	390g	520g	
Lime**	1	1	1	
Baby Spinach**	40g	100g	100g	
Chilli Flakes	1 pinch	1 pinch	2 pinches	
*Not Included **Store in the Fridge				

#### **Nutrition**

Typical Values	Per serving	Per 100g
for uncooked ingredient	398g	100g
Energy (kJ/kcal)	2842 /679	715/171
Fat (g)	26.1	6.6
Sat. Fat (g)	20.3	5.1
Carbohydrate (g)	69.5	17.5
Sugars (g)	3.8	1.0
Protein (g)	41.3	10.4
Salt (g)	2.31	0.58

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

#### Allergens

#### 10) Celery

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.

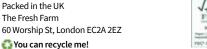
Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

#### Contact

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#### Cook the Rice

- a) Boil a half-full kettle.
- b) Pour the boiled water into a large saucepan with 1/4 tsp salt on high heat.
- c) Add the rice and cook for 12-13 mins.
- d) Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



# Curry Up

- a) Peel and grate the garlic (or use a garlic press).
- b) Heat a drizzle of oil in a large saucepan on medium-high heat.
- c) Once hot, add the Thai green style paste and **garlic**. Stir-fry until fragrant, 30 secs.
- d) Stir in the coconut milk and veg stock paste.



#### Poach the Chicken

- a) Add the diced chicken to the pan and bring to the boil, then lower the heat.
- **b)** Simmer until the **chicken** is cooked through and the sauce has thickened, 10-12 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



# Prep the Lime

a) Meanwhile, zest and halve the lime.



### Add the Spinach

- a) Once the chicken is cooked and the sauce has thickened, add the **spinach** to the **curry** a handful at a time until wilted and piping hot, 1-2 mins.
- b) Squeeze in some lime juice. Add a splash of water if it's a little thick.
- c) Taste and season with salt, pepper and more lime juice if needed, then remove from the heat.



#### Finish and Serve

- a) When everything's ready, fluff up the rice with a fork and stir through the lime zest.
- **b)** Share the **zesty rice** between your bowls and spoon over the Thai style chicken curry.
- c) Sprinkle over the chilli flakes (add less if you'd prefer things milder) to finish.
- d) Cut any remaining lime into wedges and serve alongside for squeezing over.

#### Enjoy!