



# Thai Green Style Chicken Curry with Mushrooms and Jasmine Rice

**Quick** 20-25 Minutes • **Very Hot** • 1 of your 5 a day

45



Jasmine Rice



Sliced Mushrooms



Lime



Diced British Chicken Breast



Coconut Milk



Thai Style Spice Blend



Thai Green Style Paste



Chicken Stock Paste

**Pantry Items**

Oil, Salt, Pepper, Sugar

## 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, saucepan, sieve and lid.

## Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Sliced Mushrooms**	80g	120g	160g
Lime**	1	2	2
Diced British Chicken Breast**	240g	390g	520g
Coconut Milk	180ml	250ml	360ml
Thai Style Spice Blend <b>3)</b>	1 sachet	1 sachet	2 sachets
Thai Green Style Paste	45g	67g	90g
Chicken Stock Paste	10g	15g	20g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Rice*	300ml	450ml	600ml
Sugar*	½ tsp	¾ tsp	1 tsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	554g	100g
Energy (kJ/kcal)	2538 /607	458 /109
Fat (g)	19.9	3.6
Sat. Fat (g)	14.5	2.6
Carbohydrate (g)	64.8	11.7
Sugars (g)	3.9	0.7
Protein (g)	39.6	7.1
Salt (g)	2.11	0.38

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

## Allergens

### 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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

## Contact

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## Cook the Rice

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with  $\frac{1}{4}$  **tsp salt** on high heat.
- Add the **rice** and cook for 12-13 mins. 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

- Once the **mushrooms** have browned, stir in the **chicken, coconut milk, Thai style spice blend** (add less if you'd prefer things milder), **Thai green style paste, chicken stock paste** and **sugar** (see pantry for amount).
- Bring to a boil, then lower the heat and simmer until the **chicken** is cooked through, 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.



## Fry the Mushrooms

- Meanwhile, heat a drizzle of **oil** in another large saucepan on medium-high heat.
- Once hot, add the **mushrooms** to the pan and season with **salt** and **pepper**. Cook until slightly browned, 3-4 mins.



## Finishing Touches

- When the **curry's** ready, squeeze in **half the lime juice** from the **lime wedges**.
- Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if you feel it needs it.



## Lime Time

- Meanwhile, cut the **lime** into wedges.



## Serve Up

- Fluff up your **rice** with a fork and share between your serving bowls. Spoon over your **Thai green style chicken curry**.
- Serve any remaining **lime wedges** alongside for squeezing over.

## Enjoy!