



# Thai Green Style Chicken Curry

with Baby Spinach and Fragrant Jasmine Rice

**Quick** 20 Minutes • **Medium Spice**

16



Jasmine Rice



Garlic Clove



Thai Green Style Paste



Thai Style Spice Blend



Coconut Milk



Vegetable Stock Paste



Diced British Chicken Thigh



Lime



Baby Spinach



King Prawns

### Pantry Items

Oil, Salt, Pepper

### Make it Pescatarian

If you chose to make this recipe pescatarian, 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, 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
Thai Style Spice Blend <b>3</b>	1 sachet	1 sachet	2 sachets
Coconut Milk	180ml	250ml	360ml
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Diced British Chicken Thigh**	240g	390g	520g
Lime**	1	1	1
Baby Spinach**	40g	100g	100g
King Prawns** <b>5</b>	225g	300g	450g

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

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>388g</b>	<b>100g</b>	<b>371g</b>	<b>100g</b>
Energy (kJ/kcal)	2812 / 672	724 / 173	2153 / 515	581 / 139
Fat (g)	30.2	7.8	18.4	5.0
Sat. Fat (g)	17.4	4.5	14.0	3.8
Carbohydrate (g)	65.1	16.8	64.7	17.4
Sugars (g)	3.2	0.8	3.0	0.8
Protein (g)	37.1	9.6	21.9	5.9
Salt (g)	2.26	0.58	3.52	0.95

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

## Allergens

**3**) Sesame **5**) Crustaceans **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, 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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://www.hellofresh.co.uk) or use our app to rate this recipe

 You can recycle me!

HelloFresh UK  
Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ



### 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.
- 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.



### Prep the Lime

- Meanwhile, zest and halve the **lime**.



### Bring on the Flavour

- Peel and grate the **garlic** (or use a garlic press).
- Heat a drizzle of **oil** in a large saucepan on medium-high heat.
- Once hot, add the **Thai green style paste**, **Thai style spice blend** (add less if you'd prefer things milder) and **garlic**. Stir-fry until fragrant, 1 min.
- Stir in the **coconut milk** and **veg stock paste**.



### Add the Spinach

- 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.
- Squeeze in some **lime juice**. Add a splash of **water** if the **sauce** is a little thick.
- Taste and season with **salt**, **pepper** and more **lime juice** if needed, then remove from the heat.

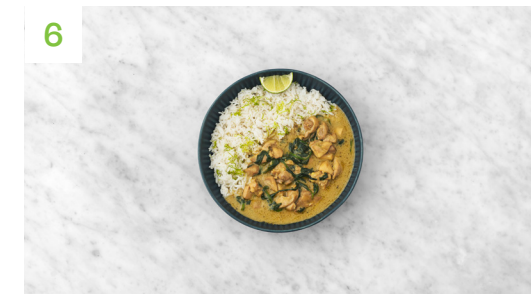


### Poach the Chicken

- Add the **diced chicken** to the pan and bring to the boil, then lower the heat.
- Simmer until the **chicken** is cooked 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.

### Make it Pescatarian

If you've chosen the pescatarian version, drain the **prawns**, then add them to the pan. Simmer, 5-6 mins instead, then continue as instructed. **IMPORTANT:** Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.



### Finish and Serve

- When everything's ready, fluff up the **rice** with a fork and stir through the **lime zest**.
- Share the **zesty rice** between your bowls and spoon over the **Thai style chicken curry**.
- Cut any remaining **lime** into wedges and serve alongside for squeezing over.

Enjoy!