



Ultimate Thai Green Style Chicken Curry

with Zesty Rice, Mangetout, Coriander and Peanuts

36

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



Lime



Garlic Clove



Thai Style Spice Blend



British Chicken Breasts



Jasmine Rice



Baby Corn



Thai Green Style Paste



Coconut Milk



Chicken Stock Paste



Mangetout



Salted Peanuts



Coriander

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. Ingredients in red are hot!

Cooking tools

Fine grater, garlic press, bowl, baking tray, saucepan, lid, frying pan 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
British Chicken Breasts**	2	3	4
Jasmine Rice	150g	225g	300g
Baby Corn**	60g	120g	120g
Thai Green Style Paste	45g	67g	90g
Coconut Milk	180ml	250ml	360ml
Chicken Stock Paste	10g	15g	20g
Mangetout**	150g	150g	150g
Salted Peanuts 1)	25g	40g	40g
Coriander**	1 bunch	1 bunch	1 bunch
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	702g	100g
Energy (kJ/kcal)	3298 / 788	470 / 112
Fat (g)	32.2	4.6
Sat. Fat (g)	16.6	2.4
Carbohydrate (g)	70.5	10.0
Sugars (g)	7.1	1.0
Protein (g)	54.0	7.7
Salt (g)	2.42	0.35

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, 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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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.



Curry Up

In the meantime, halve the **baby corn** widthways.

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **baby corn** and cook until slightly tender, 2-3 mins, then stir in the **Thai green style paste** and remaining **garlic**. Cook until fragrant, 1-2 mins more.

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.



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.*



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. Roughly chop the **coriander** (stalks and all).

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



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).



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 **coriander**.

Serve any remaining **lime** cut into wedges for squeezing over.

Enjoy!