



Super Quick Thai Green Style Chicken Curry

with Baby Spinach and Fragrant Jasmine Rice

Super Quick 15 Minutes • Medium Spice

7



Jasmine Rice



Thai Green Style Paste



Thai Style Spice Blend



Coconut Milk



Chicken Stock Paste



Diced British Chicken Thigh



Lime



Baby Spinach



Diced British Chicken Breast

Pantry Items
Oil, Salt, Pepper

↔ Swap to Chicken Breast

If you chose to swap to chicken breast, then just follow the instructions on the back of this card.
Happy cooking!



Basil, coriander, makrut lime leaves and green chillies give Thai Green its signature colour, as well as its fragrant flavour. Our Super Quick Thai Green Style Chicken Curry will be on your table in less than 15 minutes.

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 Paste	45g	67g	90g
Thai Style Spice Blend	1 sachet	1 sachet	2 sachets
Coconut Milk	180ml	250ml	360ml
Chicken Stock Paste	10g	15g	20g
Diced British Chicken Thigh**	240g	390g	480g
Lime**	1	1	1
Baby Spinach**	40g	100g	100g
Diced British Chicken Breast**	240g	390g	480g

**Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	383g	100g	383g	100g
Energy (kJ/kcal)	2787 /666	727 /174	2526 /604	659 /158
Fat (g)	30.1	7.9	20.0	5.2
Sat. Fat (g)	17.5	4.6	14.5	3.8
Carbohydrate (g)	64.0	16.7	63.8	16.6
Sugars (g)	2.9	0.8	2.9	0.8
Protein (g)	36.9	9.6	39.7	10.4
Salt (g)	2.18	0.57	2.12	0.55

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, 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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Rice Time

- Boil a half-full kettle. Pour it into a saucepan with **¼ tsp salt** on high heat.
- Boil the **rice**, 12-13 mins.
- Once cooked, drain, pop back in the pan and cover.



Curry Up

- Meanwhile, heat a drizzle of **oil** in a saucepan on medium-high heat.
- Once hot, fry the **Thai green style paste** and **Thai style spice blend** (add less if you'd prefer things milder), 30 secs.
- Stir in the **coconut milk** and **chicken stock paste**.
- Add the **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.

↔ Swap to Chicken Breast

If you've chosen to get **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



Add the Spinach

- Meanwhile, halve the **lime**.
- Once thickened, add the **spinach** in handfuls, making sure it's piping hot, 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.



Dinner's Ready!

- Fluff up the **rice** and share between your bowls.
- Top with the **curry**.
- Cut any remaining **lime** into wedges for squeezing over.

Enjoy!