



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



Diced British Chicken Breast

Pantry Items

Oil, Salt, Pepper, Sugar

+ Double Chicken Breast

If you chose to double diced 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 Thai Green Style Chicken Curry only takes 10 minutes to prep for an easy dinner that gives you time back!

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

Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	404g	100g	534g	100g
Energy (kJ/kcal)	2540 /607	628 /150	3187 /762	597 /143
Fat (g)	19.9	4.9	22.3	4.2
Sat. Fat (g)	14.5	3.6	15.2	2.8
Carbohydrate (g)	64.8	16.0	64.9	12.2
Sugars (g)	3.9	1.0	4.0	0.8
Protein (g)	39.6	9.8	71.1	13.3
Salt (g)	2.11	0.52	2.30	0.43

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.


HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Cook the Rice

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with **¼ 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.



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.



Lime Time

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



Curry Up

- Once the **mushrooms** have browned, stir in the **diced 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.

+ Double Chicken Breast

If you've chosen to double up on **chicken**, cook the recipe in the same way.



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.



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!