



Thai Green Style Chicken Curry

with Pak Choi and Zesty Rice

7

Classic Eat Me Early • 25-30 Minutes • Mild Spice • 1 of your 5 a day



Carrot



Pak Choi



Garlic Clove



Lime



Jasmine Rice



Diced Chicken Thigh



Thai Green Style Curry Paste



Coconut Milk



Chicken Stock Paste



Soy Sauce



Diced Chicken Breast

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, 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.

Cooking tools

Garlic press, fine grater, saucepan, lid and frying pan.

Ingredients

Ingredients	2P	3P	4P
Carrot**	1	2	2
Pak Choi**	1	1	2
Garlic Clove**	2	3	4
Lime**	½	1	1
Jasmine Rice	150g	225g	300g
Diced Chicken Thigh**	260g	390g	520g
Thai Green Style Curry Paste	45g	90g	90g
Coconut Milk	200ml	300ml	400ml
Chicken Stock Paste	10g	15g	20g
Soy Sauce (1) (3)	15ml	25ml	30ml
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Curry*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	486g	100g	486g	100g
Energy (kJ/kcal)	3183 /761	655 /157	2922 /698	601 /144
Fat (g)	36.3	7.5	26.1	5.4
Sat. Fat (g)	23.3	4.8	20.4	4.2
Carbohydrate (g)	72.3	14.9	72.1	14.8
Sugars (g)	7.6	1.6	7.6	1.6
Protein (g)	40.0	8.2	42.9	8.8
Salt (g)	3.84	0.79	3.77	0.78

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

Allergens

11) Soya **13)** Cereals containing gluten

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, milk, egg, mustard, celery, soya, 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.

Contact

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Start the Prep

Trim the **carrot**, then halve lengthways (no need to peel). Slice widthways into pieces about 1cm thick.

Trim the **pak choy**, then separate the leaves. Cut each leaf in half lengthways down the middle.

Peel and grate the **garlic** (or use a garlic press). Zest and halve the **lime**.



Simmer the Curry

Once the **chicken** is browned, stir in the **garlic** and **Thai green style curry paste** and cook for 1 min.

Add the **coconut milk**, **chicken stock paste** and **water for the curry** (see pantry for amount). Bring it to a boil, turn the heat down and simmer until the **chicken** is cooked and the **sauce** has thickened, 3-4 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

Season to taste with a squeeze of **lime juice**, the **soy sauce**, **salt** and **pepper**.



Cook the Rice

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).



Zest Up the Rice

Once cooked, fluff up the **rice** with a fork and stir through the **lime zest**.



Fry the Chicken and Veg

Heat a drizzle of **oil** in a large frying pan on high heat. Add the **pak choy** and stir-fry until just soft, 3-4 mins.

Once the **pak choy** is tender, add the **carrot** and stir-fry until starting to soften 2-3 mins.

Add the **diced chicken** and cook until the **chicken** is browned all over, 5-6 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

CUSTOM RECIPE

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



Serve

Share the **zesty rice** between your plates and top with the **Thai green style chicken curry**.

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

Enjoy!