



# Thai Green Style Chicken Curry with Baby Spinach and Fragrant Jasmine Rice

Rapid 20 Minutes • Mild Spice

16



Jasmine Rice



Garlic Clove



Thai Green Style Curry Paste



Coconut Milk



Chicken Stock Paste



Diced Chicken Thigh



Red Chilli



Lime



Spring Onion



Baby Spinach



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

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 Curry Paste	1 sachet	1½ sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Chicken Stock Paste	10g	15g	20g
Diced Chicken Thigh**	280g	420g	560g
Red Chilli**	½	¾	1
Lime**	1	1	1
Spring Onion**	1	2	2
Baby Spinach**	40g	100g	100g
Diced Chicken Breast**	280g	420g	560g

Pantry	2P	3P	4P
Water for the Sauce*	75ml	100ml	150ml

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	421g	100g
Energy (kJ/kcal)	3013/720	716/171
Fat (g)	32.8	7.8
Sat. Fat (g)	19.9	4.7
Carbohydrate (g)	70.1	16.7
Sugars (g)	3.4	0.8
Protein (g)	38.0	9.0
Salt (g)	2.07	0.49
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	421g	100g
Energy (kJ/kcal)	2697/644	641/153
Fat (g)	21.9	5.2
Sat. Fat (g)	17.1	4.1
Carbohydrate (g)	70.1	16.7
Sugars (g)	3.4	0.8
Protein (g)	43.4	10.3
Salt (g)	2.07	0.49

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

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.

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## Cook the Rice

- Boil a full kettle.
- Pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat.
- Add the **rice** and cook for 10-12 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 Garnishes

- Meanwhile, halve the **chilli** lengthways, deseed, then thinly slice (see ingredients for amount).
- Zest and halve the **lime**.
- Trim and thinly slice the **spring onion**.



## Get Frying

- 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 curry style paste** and **garlic**. Stir-fry until fragrant, 30 secs.
- Stir in the **coconut milk, chicken stock paste** and **water for the sauce** (see pantry for amount).



## 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**.
- Taste and season with **salt, pepper** and more **lime juice** if needed, then remove from the heat.



## Poach the Chicken

- Stir in the **chicken** 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. The chicken is cooked when no longer pink in the middle.

## CUSTOM RECIPE

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



## Finish and Serve

- When everything is 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 **chicken curry**.
- Sprinkle over the **chilli** (use less if you'd prefer things milder) and **spring onion** to finish.
- Cut any remaining **lime** into **wedges** and serve alongside for squeezing over.

Enjoy!