



Green Thai-Style Chicken Curry with Rice

Rapid 20 Minutes • Medium Spice • 1 of your 5 a day



Basmati Rice



Green Beans



Bell Pepper



Coriander



Diced Chicken Thigh



Green Thai Curry Paste



Coconut Milk



Lime



Soy Sauce

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan and Frying Pan.

Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Green Beans**	1 small pack	1 large pack	2 small packs
Bell Pepper***	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Diced Chicken Thigh**	210g	350g	420g
Green Thai Curry Paste	1 sachet	1½ sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Lime**	1	1	1
Soy Sauce 11 13	½ sachet	¾ sachet	1 sachet

*Not Included **Store in the Fridge

***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	503g	100g
Energy (kJ/kcal)	2960 /708	589 /141
Fat (g)	32	6
Sat. Fat (g)	19	4
Carbohydrate (g)	75	15
Sugars (g)	9	2
Protein (g)	32	6
Salt (g)	1.04	0.21

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

11) Soya **13**) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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Cook the Rice

a) Bring a large saucepan of **water** to the boil with a ¼ tsp of **salt**.

b) When boiling, add the **rice** and cook for 12 mins. Drain in a sieve.



Prep the Veg

a) Meanwhile, trim the **green beans** and chop into thirds.

b) Halve the **pepper** and discard the core and seeds. Slice into thin strips.

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



Start the Curry

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

b) Add the **chicken** and stir-fry until starting to brown, 3-4 mins.

c) Add the **pepper** and **green beans** and stir-fry for another minute.



Simmer the Curry

a) Stir in the **Thai green curry paste** and cook for 30 seconds.

b) Pour in the **coconut milk**, stir to dissolve the **paste**.

c) Lower the heat to medium, cover with a lid (or foil) and simmer until the **chicken** is cooked through, 8-10 mins and the **veg** is tender.

IMPORTANT: *The chicken is cooked when no longer pink in the middle.*



Finish Off

a) Meanwhile, chop the **lime** into **wedges**.

b) Once the **curry** is cooked, remove from the heat, stir through the **soy sauce** and add a squeeze of **lime juice**.

c) Season to taste with **salt** and **pepper**, add more **lime** if you like.



Serve

a) Share the **rice** between your bowls topped with the **curry** and a sprinkling of **coriander**.

b) Finish with the remaining **lime wedges** served alongside for squeezing over.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.