



**Dinner** - Thai Green Chicken Curry with Jasmine Rice  
**Lunch** - Chicken Salad with Coconut Curry Dressing



Grab your Meal Kit with this symbol



Jasmine Rice



Asian Greens



Carrot



Coriander



Lime



Chicken Breast



Thai Green Curry Paste



Coconut Cream

**FOR YOUR LUNCH**



Cucumber



Cherry Tomatoes



Mixed Salad Leaves



Crispy Shallots



Roasted Peanuts

**DINNER**  
 Hands-on: **30-40** mins  
 Ready in: **35-45** mins

Eat me early

**LUNCH**  
 Ready in: **10** mins

Spicy (Thai green curry paste)

Cook once, with a twist for lunch. Cook an amazing dinner as usual, then create a new twist on the recipe to create something different for lunch the next day! Enjoy classic Thai green curry with chicken for dinner, then whip up a creamy coconut dressing for a flavoursome chicken salad at lunchtime. Extra delicious!

*Unfortunately, this week's broccoli was in short supply, so we've replaced it with Asian greens. Don't worry, the recipe will be just as delicious!*

**Pantry items**  
 Olive Oil, Soy Sauce, Sugar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 packet	2 packets
Asian greens	1 bunch	1 bunch
carrot	2	4
coriander	1 bunch	1 bunch
lime	½	1
chicken breast	1 packet	2 packets
Thai green curry paste	1 tin	1¾ tins
coconut cream	1 tin (400ml)	1½ tins (600ml)
soy sauce*	1 tsp	1 tsp
sugar*	1 tsp	1 tsp
cucumber	1	1
cherry tomatoes	1 punnet	1 punnet
mixed salad leaves	1 bag (60g)	1 bag (60g)
crispy shallots	2 packets	2 packets
roasted peanuts	2 packets	2 packets

\*Pantry Items

## Nutrition

DINNER	PER SERVING	PER 100G
Energy (kJ)	3720kJ (889Cal)	640kJ (153Cal)
Protein (g)	50.9g	8.8g
Fat, total (g)	40.3g	6.9g
- saturated (g)	29.3g	5.0g
Carbohydrate (g)	75.6g	13.0g
- sugars (g)	11.9g	2.1g
Sodium (g)	877mg	151mg
LUNCH		
Energy (kJ)	3570kJ (852Cal)	704kJ (168Cal)
Protein (g)	48.4g	9.6g
Fat, total (g)	62.4g	12.3g
- saturated (g)	35.2g	7.0g
Carbohydrate (g)	22.6g	4.5g
- sugars (g)	13.3g	2.6g
Sodium (mg)	890mg	176mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## DINNER



### 1. Cook the rice

In a medium saucepan, bring the **water** to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10-15 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!



### 2. Get prepped

While the rice is cooking, roughly chop the **Asian greens**. Thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **coriander**. Slice the **lime** (see ingredients list) into wedges. Cut the **chicken breast** into 1cm strips. In a small bowl, combine **1 tbs of Thai green curry paste**, **2 tbs of coconut cream**, the **soy sauce**, **sugar**, a **good squeeze of lime juice** and a **drizzle of olive oil**. Mix well and set aside until it's time to pack lunch.



### 3. Cook the chicken

In a large frying pan, heat a **drizzle of olive oil** over a high heat. When the oil is hot, add **1/2 the chicken** with a **pinch of salt** and **pepper** and cook, tossing, until browned and cooked through, **3-4 minutes**. Transfer to a plate and repeat with the **remaining chicken**.



### 4. Cook the curry

**SPICY!** The curry paste is spicy so use a little less if you prefer your curry mild! Return the pan to a medium-high heat with a **drizzle of olive oil**. Add the **Asian greens**, **carrot** and **Thai green curry paste** (see ingredients list) and cook until fragrant, **1 minute**. Reduce the heat to medium and add the **remaining coconut cream** (see ingredients list). Simmer until the veggies are just tender, **6-7 minutes**. Reserve two portions of the **chicken** (about **1 cup**) for lunch and stir the remainder (plus **any resting juices**) through the **curry**. Season to **taste** with **salt** and **pepper**.

**TIP:** Reduce the heat to low and stir through a splash of water if the curry is too thick.



### 5. Serve up dinner

Divide the **jasmine rice** between bowls and top with the **Thai green chicken curry**. Sprinkle with some of the **coriander** (reserve some for lunch!) and **squeeze** over **lime juice** to serve.



### 6. Prepare your lunch

Thinly slice the **cucumber** into half-moons. Halve the **cherry tomatoes**. Divide the **coconut dressing** between two reusable containers. Top with the **reserved chicken breast**, **cucumber**, **cherry tomatoes**, **mixed salad leaves** and the **remaining coriander**. Divide the **crispy shallot** and **roasted peanut** packets between containers. Refrigerate. At lunch time, toss the **salad** in the dressing and sprinkle with the **crispy shallots** and **peanuts**.

**TIP:** Packing the dressing away from the salad keeps the leaves crisp!

Enjoy!