



THAI CHICKEN MASSAMAN CURRY

with Broccoli, Spinach and Roasted Peanuts



Cook massaman curry
in your own home



Potato



Chicken Thigh



Basmati Rice



Massaman Curry Paste



Coconut Milk



Broccoli



Long Red Chilli
(Optional)



Baby Spinach Leaves



Roasted Peanuts

Pantry Staples: Olive Oil

Hands-on: **20** mins
Ready in: **35** mins

Spicy (curry paste,
optional long red chilli)

Eat me early

Naturally gluten-free
Not suitable for Coeliacs

It's hard to beat a piping hot bowl of curry on a chilly evening. Between the fragrant spices and rich warming flavours... it really is the perfect comfort food.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife**, **chopping board**, **medium saucepan** with a **lid**, **large frying pan** with a **lid** and **wooden spoon**.



1 GET PREPPED

Chop the **potato** (unpeeled) into 1 cm chunks. **TIP:** *Cutting the potato to the correct size ensures it cooks in the allocated time.* Slice the **chicken thigh** into 1 cm strips.



2 COOK THE RICE

Add the **water (for the rice)** and the **salt (for the rice)** to a medium saucepan and bring to the boil. Add the **basmati rice** to the boiling water, stir, reduce the heat to low and cover with a lid. Cook for **10 minutes**, or until the rice is tender. Remove the pan from the heat and keep covered for another **10 minutes**, or until the water is absorbed. **TIP:** *Don't lift the lid while the rice is resting so you don't lose any steam!*



3 START THE CURRY

While the rice is cooking, heat a **good drizzle of olive oil** in a large frying pan over a medium-high heat. Add the **massaman curry paste**, **potato** and **chicken thigh** and cook for **3-4 minutes** or until the chicken is browned and coated in the curry paste. **TIP:** *Add less curry paste if you are sensitive to heat!* Add the **coconut milk (use suggested amount)**, cover with a lid or aluminium foil and reduce the heat to medium. Simmer for **10-15 minutes** or until the potato is tender.



4 CONTINUE PREPPING

While the curry is cooking, chop the **broccoli** into 2 cm florets and roughly chop the stalk. Thinly slice the **long red chilli (if using)**. **TIP:** *Some like it hot but if not just hold back on the chilli.*



5 FINISH THE CURRY

Once the curry has about **5 minutes** of cook time remaining, add the **broccoli** and cook until just tender. Once tender, stir through the **baby spinach leaves**, **salt (for the curry)** and a **pinch of pepper**. Remove from the heat. **TIP:** *Taste the curry and add a pinch of sugar if you feel it needs it.*



6 SERVE UP

Divide the basmati rice between bowls and top with the chicken massaman curry. Sprinkle over the **roasted peanuts** and long red chilli (if using).

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	1	2
chicken thigh	1 packet	1 packet
water* (for the rice)	1½ cups	3 cups
salt* (for the rice)	¼ tsp	½ tsp
basmati rice	1 packet (¾ cup)	2 packets (1½ cups)
massaman curry paste	1 tub (50 g)	2 tubs (100 g)
coconut milk	¾ tin (300 mL)	1½ tins (600 mL)
broccoli	1 head	2 heads
long red chilli (optional)	1	2
baby spinach leaves	1 bag	1 bag
salt* (for the curry)	¼ tsp	½ tsp
roasted peanuts	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	4460kJ (1070Cal)	495kJ (118Cal)
Protein (g)	55.7g	6.2g
Fat, total (g)	51.2g	5.7g
- saturated (g)	23.6g	2.6g
Carbohydrate (g)	84.0g	9.3g
- sugars (g)	3.9g	0.4g
Sodium (g)	1560mg	172mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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