



Ultimate Thai Green Style Chicken Curry

with Tenderstem®, Baby Corn, Jasmine Rice and Peanuts

36

Ultimate 35-40 Minutes • Mild Spice • 1 of your 5 a day



-  Garlic Clove
-  Lime
-  Jasmine Rice
-  Baby Corn
-  Coconut Milk
-  Red Chilli
-  Thai Style Spice Blend
-  Chicken Fillet
-  Tenderstem® Broccoli
-  Thai Green Curry Paste
-  Chicken Stock Paste
-  Salted Peanuts

Pantry Items
Oil, Salt, Pepper, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Fine grater, garlic press, bowl, baking tray, saucepan, lid, frying pan and rolling pin.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	4	6
Thai Style Spice Blend 3)	1 pot	1 pot	1 pot
Lime**	1	1	1
Chicken Fillet**	2	3	4
Jasmine Rice	150g	225g	300g
Tenderstem® Broccoli**	80g	150g	150g
Baby Corn**	60g	120g	120g
Thai Green Curry Paste	1 sachet	1½ sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Chicken Stock Paste	10g	15g	20g
Red Chilli**	½	¼	1
Salted Peanuts 1)	25g	40g	40g

Pantry	2P	3P	4P
Olive Oil for the Marinade*	1 tbsp	1½ tbsp	2 tbsp
Water for the Rice*	300ml	450ml	600ml
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving 503g	Per 100g 100g
Energy (kJ/kcal)	3341/799	664/159
Fat (g)	33.1	6.6
Sat. Fat (g)	19.0	3.8
Carbohydrate (g)	73.5	14.6
Sugars (g)	5.1	1.0
Protein (g)	53.3	10.6
Salt (g)	2.21	0.44

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

Allergens

1) Peanut 3) Sesame

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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Make the Marinade

Preheat your oven to 220°C/200°C fan/gas mark 7.

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

Pop the **Thai style spice blend**, **olive oil for the marinade** (see ingredients for amount) and **half the garlic** into a medium bowl.

Squeeze in a little **lime juice**, season with **salt** and **pepper** and mix together.



Start your Curry

In the meantime, halve any **thick broccoli stems** lengthways, then cut in half widthways. Halve the **baby corn** lengthways.

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

Once hot, add the **Thai green curry paste** and the remaining **garlic**. Stir-fry for 30 secs.

Stir in the **coconut milk**, **water for the sauce** (see ingredients for amount) and **chicken stock paste**, then bring to the boil.



Roast the Chicken

Add the **chicken** to the **marinade** and turn so it's well coated. Lay the **chicken** onto a baking tray.

When the oven is hot, roast on the top shelf until cooked through, 25-30 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.*



Add the Veg

Once boiling, lower the heat and add the **broccoli** and **baby corn** to the **curry**. Simmer gently until the **veg** is tender and the **sauce** has thickened, 5-6 mins.

Meanwhile, halve the **chilli** lengthways, deseed, then finely slice (see ingredients for amount). Crush the **peanuts** in the unopened sachet using a rolling pin.

Once the **veg** is cooked, squeeze in some **lime juice**. Season with **salt** and **pepper**. Taste and add more **salt**, **pepper** and **lime** if needed.



Get on the Rice

Meanwhile, pour the **cold water for the rice** (see ingredients 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).



Finish and Serve

When everything's ready, fluff the **rice** up with a fork, stir through the **lime zest** and share it between your bowls.

Reheat your **curry sauce** if needed, then spoon over the **rice**. Cut the **chicken** widthways into 5 slices and lay on top.

Scatter over the **peanuts** and **chilli** (use less if you'd prefer things milder).

Serve your **ultimate Thai green style chicken curry** with any remaining **lime** cut into **wedges** for squeezing over.

Enjoy!