



Everything
But The Chef

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Baked Green Chicken Curry

This recipe from central Thailand is one to clear out the sinuses! Perfect for keeping you fighting fit as the wind starts to get a little chill in it, we recommend turning up the heat with lots of curry paste if you are fan of spiciness. If not, adding it sparingly is a good idea!

 **Prep:** 10 mins
Cook: 35 mins
Total: 45 mins

 level 1

 contains
seafood

 3 pantry
items



Zucchini



Pumpkin



Chicken Thigh



Green Curry Paste



Coconut Milk



Coriander



Jasmine Rice

| 2P | 4P | Ingredients |
|---------|--------|--------------------------------------------|
| 1 | 2 | zucchini, diagonally sliced A |
| 350 g | 700 g | pumpkin, peeled & cut into 3 cm chunks |
| 400 g | 800 g | chicken thighs |
| 1 tsp | 2 tsp | vegetable oil * |
| 1 tbs | 2 tbs | HelloFresh Green Curry Paste |
| 1 tin | 2 tins | coconut milk |
| 1 tsp | 2 tsp | brown sugar* |
| 120 g | 240 g | jasmine rice ⊕ |
| 1 cup | 2 cups | water * |
| Garnish | | coriander leaves ⊕ |

- ⊕ May feature in another recipe
- * Good to have at home

| Nutrition per serving | | |
|-----------------------|------|----|
| Energy | 3160 | Kj |
| Protein | 38.4 | g |
| Fat, total | 54 | g |
| -saturated | 28.6 | g |
| Carbohydrate | 18.6 | g |
| -sugars | 14.6 | g |
| Sodium | 1300 | mg |

| Measuretool | | |
|-------------|------|------|
| 0 cm | 1 cm | 2 cm |
| | | |

*Due to the nature of pumpkins and chickens, there are natural variations in size. you may be supplied with a different amount of these ingredients.



- 1 Preheat the oven to **200°C/180°C** fan forced.
- 2 Place the **zucchini, pumpkin and chicken thighs** in a baking dish.
- 3 Heat the **vegetable oil** in a small saucepan over a medium-high heat. Add the **HelloFresh Green Curry Paste** and cook, stirring, for **1 minute** or until fragrant. Add the **coconut milk** and **brown sugar** and bring to the boil. Remove from the heat and pour the mixture over the chicken and vegetables. Cook in the oven for **30 minutes**, or until chicken is cooked through and vegetables are tender.
- 4 Meanwhile, place the **jasmine rice** into a sieve and rinse it with cold tap water. The water will initially become cloudy, continue to rinse until the water becomes clear (it doesn't need to be crystal). Place the rice, **water** and a pinch of **salt** in a medium saucepan. Cover the saucepan with a lid and cook for **10 minutes** or until soft.
- 5 To serve, divide the rice, chicken and vegetables between shallow bowls. Spoon over the curry sauce and season to taste. Garnish with **coriander**.

Did you know? Aside from culinary and cosmetic purposes, coconuts can also be used as a mosquito repellent!