



Mild Thai Red Chicken Curry & Brown Rice

with Asian Greens & Bamboo Shoots

TAKEAWAY FAVES

CUSTOMER FAVOURITE

Grab your Meal Kit with this symbol



Brown Rice



Bamboo Shoots



Asian Greens



Chicken Breast



Garlic Paste



Mild Thai Red Curry Paste



Coconut Milk



Chicken Breast

Prep in: 20-30 mins
Ready in: 30-30 mins

Eat Me Early

Who needs takeaway when you can whip up this creamy curry with a kick. Our Thai red curry paste is the not so secret ingredient, adding a depth of flavour that's the perfect ratio of savoury to sweet.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Soy Sauce, Sugar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown rice	1 medium packet	1 large packet
bamboo shoots	½ tin	1 tin
Asian greens	1 bag	2 bags
chicken breast	1 small packet	2 small packets OR 1 large packet
garlic paste	1 packet	2 packets
mild Thai red curry paste	1 packet	2 packets
coconut milk	1 packet	2 packets
soy sauce*	½ tbs	1 tbs
sugar*	1 tsp	2 tsp
chicken breast**	1 small packet	2 small packets OR 1 large packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2841kJ (679Cal)	529kJ (126Cal)
Protein (g)	44.3g	8.2g
Fat, total (g)	25.3g	4.7g
- saturated (g)	16.4g	3.1g
Carbohydrate (g)	64.2g	11.9g
- sugars (g)	15.4g	2.9g
Sodium (mg)	2082mg	387mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3594kJ (859Cal)	512kJ (122Cal)
Protein (g)	78.3g	11.1g
Fat, total (g)	30g	4.3g
- saturated (g)	17.9g	2.5g
Carbohydrate (g)	64.2g	9.1g
- sugars (g)	15.4g	2.2g
Sodium (mg)	2166mg	308mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

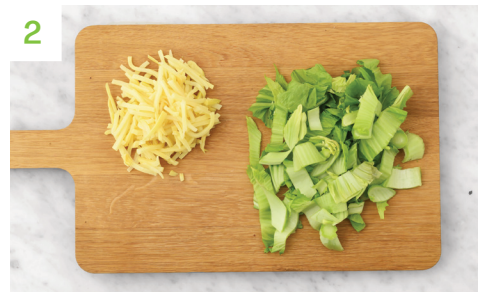
1



Cook the rice

- Half-fill a medium saucepan with water. Add **brown rice** and a generous pinch of **salt**.
- Bring to a boil over high heat and cook, uncovered, until tender, **25-30 minutes**. Drain and return to saucepan.

2



Get prepped

- While the rice is cooking, drain **bamboo shoots** (see ingredients).
- Roughly chop **Asian greens**.
- Cut **chicken breast** into 2cm chunks.

Custom Recipe: If you've doubled your chicken breast, cut extra chicken into 2cm chunks.

3



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, add **chicken** and cook, tossing occasionally, until browned, **5-6 minutes**. Add **garlic paste** and cook until fragrant, **1 minute** (chicken will finish cooking in step 5!).

Custom Recipe: Cook chicken in batches for the best results.

4



Add the veggies

- **SPICY!** This is a mild paste, but use less if you're sensitive to heat! Reduce heat to medium-high. Add **mild Thai red curry paste** and cook, stirring, until coated and fragrant, **1 minute**.
- Add **coconut milk**, the **soy sauce**, **sugar**, **bamboo shoots**, **Asian greens** and a splash of **water** and stir to combine.

5



Make the curry

- Reduce heat to low and simmer until the chicken is cooked through and the veggies are tender, **3-4 minutes**.

TIP: Chicken is cooked through when it's no longer pink inside.

6



Serve up

- Divide brown rice between bowls.
- Top with mild Thai red chicken curry to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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