



Dinner - Thai Green Chicken Curry

Lunch - Chicken Salad with Coconut Dressing



Grab your Meal Kit with this symbol



Jasmine Rice



Broccoli



Carrot



Coriander



Lime



Chicken Breast



Thai Green Curry Paste



Coconut Cream

FOR YOUR LUNCH



Cucumber



Tomato



Asian Mixed 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 put a new spin on the recipe to create something different for lunch the next day. This week, savour the bold flavours of this gorgeous green curry followed by a tasty chicken salad the next day. Extra 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
broccoli	1 head	2 heads
carrot	1	2
coriander	1 bag	1 bag
lime	1	2
chicken breast	1 large packet	1 large & 1 small packet
Thai green curry paste	1 tin	1¾ tins
coconut cream	1 tin (400ml)	1 ½ tins (600ml)
soy sauce*	1 tsp	1 tsp
sugar*	1 tsp	1 tsp
cucumber	1	1
tomato	1	1
Asian mixed 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)	4770kJ (1140Cal)	699kJ (167Cal)
Protein (g)	57.0g	8.3g
Fat, total (g)	63.7g	9.3g
- saturated (g)	49.3g	7.2g
Carbohydrate (g)	79.8g	11.7g
- sugars (g)	15.0g	2.2g
Sodium (mg)	1220mg	178mg
LUNCH		
Energy (kJ)	2700kJ (644Cal)	620kJ (148Cal)
Protein (g)	48.9g	11.2g
Fat, total (g)	40.8g	9.4g
- saturated (g)	15.6g	3.6g
Carbohydrate (g)	19.2g	4.4g
- sugars (g)	11.0g	2.5g
Sodium (mg)	574mg	132mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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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 all the water is absorbed, **10-15 minutes**.

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



4. Cook the curry

SPICY! The curry paste is hot, feel free to add less! Return the pan to a medium-high heat with a **drizzle of olive oil**. Add the **carrot** and **broccoli** and cook, stirring, until softened, **2-3 minutes**. Add the **remaining 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) though 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.



2. Get prepped

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



5. Serve up dinner

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



3. Cook the chicken

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

TIP: Chicken is cooked through when it's no longer pink in the middle.



6. Prepare your lunch

Slice the **cucumber** into half-moons. Roughly chop the **tomato**. Divide the **coconut dressing** between two reusable containers. Top with the **reserved chicken breast**, **cucumber**, **tomato**, **Asian mixed leaves** and the **remaining coriander**. Divide the **crispy shallots** and **roasted peanut** packets between containers. Refrigerate. At lunch, toss the **salad** in the **dressing** and sprinkle with the **shallots** and **peanuts**.

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

Enjoy!