



Thai Red Chicken Curry

with Peanuts & Jasmine Rice

Grab your Meal Kit with this symbol



Jasmine Rice



Broccoli



Baby Spinach Leaves



Garlic



Chicken Breast



Ginger Lemongrass Paste



Thai Red Curry Paste



Coconut Milk



Crushed Peanuts

Hands-on: **25-35 mins**
Ready in: **30-40 mins**

Eat Me Early

Naturally Gluten-Free
Not suitable for coeliacs

Spicy (Thai red curry paste)

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.

Unfortunately, this week's Asian greens were in short supply, so we've replaced them with baby spinach leaves. Don't worry, the recipe will be just as delicious!

Pantry items

Olive Oil, Sugar, Soy Sauce (or Gluten-Free Tamari Soy Sauce)

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 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 medium packet	1 large packet
broccoli	1 head	2 heads
baby spinach	1 medium bag	1 large bag
leaves (60g)		(120g)
garlic	2 cloves	4 cloves
chicken breast	1 small packet	1 large packet
ginger lemongrass paste	1 packet	2 packets
Thai red curry paste	¾ tin (75g)	1 ½ tins (150g)
coconut milk	1 large tin	2 large tins
sugar*	½ tsp	1 tsp
soy sauce* (or gluten-free tamari soy sauce)	1 tbs	2 tbs
crushed peanuts	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4408kJ (1054Cal)	547kJ (131Cal)
Protein (g)	56.4g	7g
Fat, total (g)	53.6g	6.6g
- saturated (g)	33.4g	4.1g
Carbohydrate (g)	83.7g	10.4g
- sugars (g)	10.8g	10.4g
Sodium (mg)	1840mg	228mg

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.



Cook the rice

Add the **water (for the rice)** to a medium saucepan and bring 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. Keep covered until the rice is tender and the water is absorbed, **10-15 minutes**.

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



Add the coconut milk

Add the **coconut milk** and simmer on a low heat, stirring until thickened, **4-5 minutes**.



Get prepped

While the rice is cooking, cut the **broccoli** into small florets and roughly chop the stalk. Roughly chop the **baby spinach leaves**. Finely chop the **garlic**. Cut the **chicken breast** into thin strips.



Finish the curry

Add the **baby spinach leaves**, the **sugar** and **soy sauce** to the frying pan. Stir to combine, then return the **chicken** (plus any resting juices) to the pan. Cook, stirring, until the spinach is wilted and the chicken has warmed through, **2 minutes**.



Start the curry

SPICY! You may find the curry paste hot! Add less if you're sensitive to heat. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **chicken strips**, tossing until browned, **3-4 minutes**. Transfer to a plate. Add the **broccoli** and a splash of **water** to the frying pan and cook, stirring, until softened, **4-5 minutes**. Add the **garlic**, **ginger lemongrass paste** and **Thai red curry paste** (see ingredients). Cook until fragrant, **1 minute**.



Serve up

Divide the jasmine rice between bowls. Top with the Thai red chicken curry. Serve sprinkled with the **crushed peanuts**.

Enjoy!

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