

# Dinner - Thai Green Chicken Curry

## Lunch - Chicken Salad with Coconut Curry 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

### Pantry items

Olive Oil, Soy Sauce, Sugar



#### DINNER

Hands-on: **30-40** mins  
Ready in: **35-45** mins



#### Eat Me Early



Spicy (Thai green curry paste)

#### LUNCH

Ready in: **10** mins

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!



## 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 medium packet	1 large packet
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)	1½ tins (600ml)
soy sauce*	1 tsp	1 tsp
sugar*	1 tsp	1 tsp
cucumber	½	1
tomato	½	1
Asian mixed leaves	1 bag (60g)	1 bag (60g)
roasted peanuts	1 large packet	1 large packet
crispy shallots	1 large packet	1 large packet

\*Pantry Items

## Nutrition

### Dinner

Avg Qty	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 (g)	1220mg	178mg

### Lunch

Avg Qty	Per Serving	Per 100g
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

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

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

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Dinner

## 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!

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## 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**. Stir-fry the **broccoli** and **carrot** until softened, **2-3 minutes**. Add the remaining **Thai green curry paste** (see ingredients) and cook until fragrant, **1 minute**. Reduce the heat to medium and add the remaining **coconut cream** (see ingredients). 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) through 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.

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## Get prepped

While the rice is cooking, cut the **broccoli** into small florets and roughly chop the stalk. Thinly slice the **carrot** 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.

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## 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.

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## Cook the chicken

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

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

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Lunch

## Make 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 shallot** and **roasted peanut** packets between containers. Refrigerate. At lunch, toss the salad in the dressing and sprinkle with the **shallots** and **roasted peanuts**.

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

## Enjoy!