



Chicken Panang

with Baby Corn and Basmati Rice



HELLO COCONUT MILK

Coconut milk is made by pouring boiling water over grated coconut.



Spring Onion



Baby Corn



Diced Chicken Breast



Panang Curry Paste



Red Thai Garnish



Coconut Milk



Sugar Snap Peas



Steamed Rice

MEAL BAG

Total: 20 mins

Rapid recipe

1.5 of your 5 a day

Medium heat

If it's grey outside, let this dish take you to the warmer climes of Thailand. Packed full of fragrant herbs, warming spices and a nice little kick of chilli, there's no better way to shake off those winter chills. In a hurry for a curry? You won't be when this is on the table in twenty minutes.

GET PREPARED!

Get your utensils ready.

BEFORE YOU START

- 🧼 Wash the veggies.
- 🍴 Make sure you've got two **Frying Pans** (one with a **Lid**) and a **Can Opener**. Let's start cooking the **Chicken Panang with Baby Corn and Basmati Rice**.



1 GET PREPPED

- a) Trim the ends from the **spring onion** then finely slice.
- b) Chop the **baby corn** in half.



2 STIR-FRY!

- a) Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- b) Add the **chicken** and stir-fry until starting to brown, 3-4 mins.
- c) Add **half** the **spring onion** and the **baby corn** and stir-fry for 1 minute more.



3 SIMMER THE CURRY

- a) Add the **Panang curry paste** and **Thai garnish** and cook, stirring, for 30 seconds.
- b) Stir in the **coconut milk** and **Sugar Snap peas** and simmer with the lid on (or some foil) until thick and the **chicken** is cooked through, 5-6 mins. **★ TIP:** The chicken is cooked when it is no longer pink in the middle.



4 MAKE THE RICE

- a) Meanwhile, heat up the **rice** - squeeze the pouch, tear the strip and microwave at 800W for 2 mins. Or stir-fry the rice for 3 mins in a dry frying pan over a medium-high heat.



5 SEASON

- a) Taste your curry and add a pinch of **salt** and **pepper** if needed.



6 FINISH AND SERVE!

- a) Serve the **rice** in bowls topped with the **chicken Panang** and a sprinkling of the remaining **spring onion**. **ENJOY!**

2 PEOPLE INGREDIENTS

Spring Onion, sliced	3
Baby Corn, chopped	1 pack
Diced Chicken Breast	280g
Panang Curry Paste	35g
Red Thai Garnish	10g
Coconut Milk	1 tin
Sugar Snap Peas	1 pack
Steamed Rice	250g

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 520G	PER 100G
Energy (kcal)	674	130
(kJ)	2824	543
Fat (g)	29	6
Sat. Fat (g)	20	4
Carbohydrate (g)	57	11
Sugars (g)	10	2
Protein (g)	46	9
Salt (g)	1.61	0.31

Panang Curry Paste: Glucose syrup, sunflower oil, water, salt, natural flavouring, concentrated red pepper juice, concentrated onion juice, garlic puree, dried onion, roasted coriander, lemongrass puree, kaffir lime, lemongrass, galangal, crushed chillies, roasted cumin, black pepper, cardamom, nutmeg, cornflour, colour: paprika extract (E160c).

Red Thai Garnish: Red Bell Pepper, Onion, Granules, Demerara Sugar, Dessicated Coconut, Basil Leaves, Rapeseed Oil.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between use.

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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