



Chicken Thai Inspired Massaman Rice

With Chestnut Mushrooms



HELLO CORIANDER

Know a coriander hater? Around 14% of people carry a gene which makes this herb taste soapy to them!



Chestnut Mushrooms



Coriander



Chicken Thigh



Basmati Rice



Cornflour



Cashew Nuts



Massaman Curry Paste



Coconut Milk



Peanut Butter



Lime

The secret ingredient in tonight's dinner is peanut butter! Along with the coconut milk it brings a richness and creaminess to temper the chilli fire from the curry paste. You don't see massaman dishes on Thai menus as often as the standard red or green curries so it's worth knowing how to knock one up yourself.

35 mins

1 of your 5 a day

Medium heat

MEAL BAG

6

BEFORE YOU START

Our fruit and veggies need a **little wash** before cooking! Make sure you've got a **Measuring Jug**, **Large Saucepan** (with a **Lid**), **Mixing Bowl** and **Frying Pan**. Now, let's get cooking!



1 GET CHOPPING!

Pour the **water** (see ingredients for amount) into a large saucepan, along with a pinch of **salt**, and bring to the boil on high heat. Roughly chop the **chestnut mushrooms** and the **coriander** (stalks and all). Chop the **chicken** into 3cm chunks. Cut the **lime** into wedges.



2 BOIL THE RICE

When the water is boiling, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam). In a mixing bowl, combine the **cornflour** with a pinch of **salt** and a few grinds of **pepper**. Add the **chicken** and coat thoroughly. Leave to one side.



3 TOAST THE CASHEWS

Place a frying pan on medium-high heat. Add the **cashew nuts** (no oil!) and toast until golden brown, shaking the pan constantly, about 5 mins. **★ TIP:** Watch the nuts like a hawk as they can burn easily. Remove the **cashews** from the pan and set aside.



4 FRY THE CHICKEN

Add a splash of **oil** to the now empty pan and place on high heat. Once the **oil** is really hot add the **chicken** and fry until golden brown all over, then remove and set aside, about 5 mins. **★ TIP:** Cook in batches if you have a small pan.



5 MAKE THE CURRY

Once again return the empty pan to medium-high heat and add another splash of **oil** along with the **massaman curry paste**. **★ TIP:** If you don't want it spicy then add a little less. Stir the **paste** for 1 minute, then add the **coconut milk**, **chicken** and **mushrooms**. Once the **coconut milk** comes to the boil, stir in the **peanut butter** and turn the heat to low. Gently simmer, until the **chicken** is cooked through, 10 mins. **! IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



6 FINISH AND SERVE

Fluff up the **rice** with a fork and add it to the **curry**. Gently fold the **rice** and **three-quarters** of the **coriander** into the **sauce**. Squeeze over the **juice** of some the **lime**. Serve in bowls and garnish with the remaining **coriander**, the **cashews** and any **lime wedges** if you have left. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Water*	300ml	450ml	600ml
Chestnut Mushrooms*	1 punnet	1 punnet	2 punnets
Coriander*	½ bunch	¾ bunch	1 bunch
Chicken Thigh*	3	5	6
Basmati Rice	150g	225g	300g
Cornflour	20g	30g	40g
Cashew Nuts 2)	25g	40g	50g
Massaman Curry Paste	1 tbsp	1 tbsp	2 tbsp
Coconut Milk	200ml	300ml	400ml
Peanut Butter 1)	30g	45g	60g
Lime*	½	½	1

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 605G	PER 100G
Energy (kJ/kcal)	3797 / 908	628 / 150
Fat (g)	42	7
Sat. Fat (g)	21	3
Carbohydrate (g)	77	13
Sugars (g)	4	1
Protein (g)	53	9
Salt (g)	2.16	0.38

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

1) Peanut 2) Nut

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

Head online or use our app to rate this recipe or get in touch via hello@hellofresh.co.uk



You made this, now show it off! Share your creations with us:

#HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

YOU CAN RECYCLE ME!

HelloFRESH