



THAI RED CHICKEN CURRY

with Red Bell Pepper and Bamboo Shoots

SPICY



HELLO
BAMBOO SHOOTS

Not just for pandas

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 1245**



Chicken Thighs, cubed



Sprouted Brown Rice



Red Bell Pepper



Garlic



Cilantro



Lime



Onion, chopped



Red Curry Paste



Peanut Butter



Coconut Milk



Bamboo Shoots, sliced

BUST OUT

- Small Pot
- Large Non-Stick Pan
- Measuring Cups
- Salt
- Zester
- Pepper
- Strainer
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Chicken Thighs, cubed 1 pkg (340 g) | 2 pkg (680 g)
- Sprouted Brown Rice 2 pkg (227 g) | 4 pkg (454 g)
- Red Bell Pepper 227 g | 454 g
- Garlic 1 pkg (10 g) | 2 pkg (20 g)
- Cilantro 1 pkg (10 g) | 1 pkg (10 g)
- Lime 1 | 2
- Onion, chopped 1 pkg (56 g) | 2 pkg (113 g)
- Red Curry Paste 🍛 0 1 pkg (2 tbsp) | 2 pkg (4 tbsp)
- Peanut Butter 7 1 pkg (2 tbsp) | 2 pkg (4 tbsp)
- Coconut Milk 1 can | 2 can
- Bamboo Shoots, sliced 1 can | 2 can

ALLERGENS

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

- 0 Seafood/Fruit de Mer
- 5 Tree Nut/Noix
- 1 Wheat/Blé
- 6 Mustard/Moutarde
- 2 Milk/Lait
- 7 Peanut/Cacahuète
- 3 Egg/Oeuf
- 8 Sesame/Sésame
- 4 Soy/Soja
- 9 Sulphites/Sulfites

START STRONG

The longer you let a curry simmer, the more flavour develops. If you've got time on your hands, let the curry simmer on low heat for an extra few minutes!



1 PREP Wash and dry all produce. In a small pot, combine the **rice** with **2 ½ cups salted water** (double for 4 people). Bring it to a boil over high heat, then reduce the heat to medium-low. Cover with a lid and simmer until the rice is tender, 25-28 min. (Drain any excess liquid from the rice when it's done cooking.)



2 PREP Meanwhile, cut the **bell pepper(s)** into ½-inch pieces. Mince or grate the **garlic**. Roughly chop the **cilantro**. Zest, then cut the **lime(s)** into wedges. Drain the **bamboo shoots**.



3 COOK CHICKEN Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **chicken**. Cook until the chicken is golden-brown, 2-3 min. Transfer the chicken to a plate. (Don't worry if the chicken isn't cooked through at this step!)



4 COOK VEGGIES Add a drizzle of **oil** to the same pan, then the **onions** and **bell peppers**. Cook, stirring occasionally, until onions soften and peppers are tender-crisp, 4-5 min.



5 COOK CURRY Add the **garlic**, **curry paste** and **peanut butter** to the pan. Cook, stirring constantly, for 1 min. Add **coconut milk** and **½ cup water** (double for 4 people). Bring to a boil, then reduce the heat to medium-low. Add the **chicken** and **bamboo shoots**. Simmer until the chicken is cooked through, 8-10 min. Season with **salt** and **pepper**.



6 FINISH AND SERVE Add **half the cilantro** and **lime zest** to the **curry**. Stir together. Divide the **rice** between bowls and top with the curry. Sprinkle with **remaining cilantro** and squeeze over a **lime wedge**.

AROY DEE!

That means 'delicious' in Thai!