

Limey Coconut and Chicken Curry

with Cauliflower Rice

hellóchef

A mild coconut and citrus curry with snow peas, peppers and red onion, served over cauliflower rice!

Cals 593 • Prot 58 • Carbs 39 • Fat 23

hellochef.com • 04-825-44-00 • hello@hellochef.com

🕒 cook: 40 min

R2834



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Curry	2 ppl	3 ppl	4 ppl	
Chicken breast	400	600	800	Grams
Garlic cloves	2	3	4	Piece
Snow peas	150	200	300	Grams
Red onion	1	2	2	Piece
Red pepper	1	2	2	Piece
Vegetable oil	1	1	2	Tbsp
Red curry paste 7*	20	30	40	Grams
Turmeric powder	2	2	4	Grams
Coconut milk	200	400	400	ML
Water	100	50	200	ML
Soy sauce 9*, 10*, 11*	15	20	30	ML
Chicken stock cube 4*, 5*, 9*, 15*	1	1	1	Piece
Cauliflower rice				
Cauliflower	400	600	800	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	1	1	Tsp
Garnish				
Lime	1	2	2	Piece
Fresh coriander	15	15	15	Grams
Large red chilli	1	1	2	Piece
Black sesame seeds 3*	5	10	10	Grams

Allergens

*7 Crustaceans, *9 Soya, *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs, *15 Celery, *3 Sesame Seeds

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2480 / 593
Fat (g)	22.9
of which saturates (g)	12.2
Carbohydrate (g)	39
of which sugars (g)	15.5
Fiber (g)	14.4
Protein (g)	58.2
Salt (g)	5.7

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Peel and mince the **garlic**. Trim and halve the **snow peas**. Peel the **onion** and slice it into wedges. Deseed and roughly chop the **red pepper**. Chop the **chicken** into bite-sized pieces.



2 Fry chicken

Heat a large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken** with a pinch of **salt** and fry for 5 min until browned and cooked through. Transfer the **chicken** to a plate and reserve the pan.



3 Simmer

Return the pan to a medium heat with another drizzle of **oil**. Once hot, add the **onion** and **pepper** with a pinch of **salt** and fry for 3 min. Add the **garlic, red curry paste (spicy!)** and **turmeric**. Fry for 1 min further. Add the **coconut milk, measured water, soy sauce** and {0.5/1/1} **stock cube**. Simmer for 5 min further.



4 Make cauliflower 'rice'

Meanwhile, using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains. Heat a saucepan over a medium heat with a drizzle of **oil**. Once hot, add the **cauliflower** with a pinch of **salt** and stir-fry for 5 min.



5 Prep garnishes

Meanwhile, slice the **lime** into wedges. Pick the **fresh coriander** leaves. Finely slice the **red chilli** into rounds.



6 Serve

Add the **snow peas** and return the **chicken** to the **curry** and simmer for 3 min further. Juice half of the **limes** into the **curry**. Serve the **curry** over the **cauliflower rice** and garnish with the remaining **lime** wedges, **black sesame seeds, coriander** leaves and **chilli (spicy!)**.

Tip! Sensitive to spice? Go easy on the red chilli.