

Thai Panang Chicken Curry

with Jasmine Rice

hellóchef

Enjoy one of Thailand's most popular curries. This one's a bit milder and slightly sweeter than a traditional Thai red curry.

Cals 874 • Prot 63 • Carbs 100 • Fat 29

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🕒 cook: 30 min

R2836



Before you start

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

Ingredients

For curry	2 ppl	3 ppl	4 ppl	
Chicken breast	400	500	600	Grams
Shallots	1	2	2	Piece
Red pepper	1	2	2	Piece
Lemongrass	1	1	1	Piece
Vegetable oil	2	3	4	Tbsp
Ginger garlic paste	10	15	20	Grams
Panang curry paste 7*	30	45	60	Grams
Chilli flakes	2	2	2	Grams
Peanut butter 1*, 9*	30	45	60	Grams
Tamarind paste	15	22	30	Grams
Fish sauce 6*, 10*	10	10	20	ML
Coconut milk	200	400	400	ML
Water	100	50	200	ML
Coconut sugar	10	15	20	Grams
Lime leaves	3	3	3	Piece
Lime	1	2	2	Piece
To serve				
Jasmine rice	150	225	300	Grams
Water	300	450	600	ML
Thai basil	15	15	15	Grams
Salt	0.5	1	1	Tsp

Allergens

*7 Crustaceans, *1 Peanuts, *9 Soya, *6 Fish, *10 Wheat

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)	3655 / 874
Fat (g)	29.2
of which saturates (g)	12.7
Carbohydrate (g)	100
of which sugars (g)	12.4
Fiber (g)	9.1
Protein (g)	62.8
Salt (g)	4.4

*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 vegetables

Chop the **chicken**. Peel and chop the **shallots**. Deseed and finely slice the **pepper**. Finely slice [5/7.5/10] cm of the **lemongrass**. Keep the rest whole.



2 Boil rice

Rinse the **jasmine rice**. Add the **rice**, **measured water** and a pinch of **salt** to a pan with a lid and bring to a boil. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pan from heat and keep covered until serving.



3 Start curry

Heat a pan over a medium heat with a drizzle of **vegetable oil**. Once hot, add the **shallots** with a pinch of **salt** and cook for 3 min. Add the **ginger garlic paste**, sliced **lemongrass** and **Panang curry paste**. Cook for 2 min further.



4 Add

Add the **chicken, peppers** and **chilli flakes** (**spicy!**). Cook for 2 min. The **chicken** doesn't need to be cooked through at this point.



5 Simmer

Add the **peanut butter, tamarind paste, coconut milk, measured water, coconut sugar, lime leaves** and the big piece of **lemongrass**. Simmer (don't boil) over a low heat for 10 min.



6 Serve

Slice the **lime** into wedges. Add the **fish sauce** and a squeeze of **lime** juice to the **curry**. Remove the **lemongrass** piece and the **lime leaves**. Serve the **curry** over the **jasmine rice**. Garnish with any remaining **lime** wedges and the **Thai basil leaves**.