

# Chicken and Potato Massaman Curry

with Jasmine Rice

**hellóchef**

Massaman is a relatively mild Thai curry which marries local flavors with Middle Eastern spices like cardamom, cumin and cinnamon.

Cals 1068 • Prot 60 • Carbs 135 • Fat 39

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🕒 cook: 30 min

R3123



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	300	500	600	Grams
New potatoes	250	375	500	Grams
Shallots	1	1	2	Piece
Carrot	1	2	2	Piece
Lemongrass	1	1	1	Piece
Ginger garlic paste	10	15	20	Grams
Red curry paste <b>7*</b>	10	20	20	Grams
Turmeric powder	2	2	4	Grams
Cardamom powder	2	2	4	Grams
Cinnamon powder	2	4	4	Grams
Cumin powder	2	4	4	Grams
Peanut butter <b>1*</b> , <b>9*</b>	30	45	60	Grams
Coconut sugar	10	15	20	Grams
Lime leaves	3	3	6	Piece
Tamarind paste	15	22	30	Grams
Fish sauce <b>6*</b> , <b>10*</b>	10	10	20	ML
Dried bay leaves	1	1	2	Piece
Coconut milk	200	400	400	ML
Water	100	50	200	ML
Tamari <b>9*</b>	15	22	30	ML
Salted peanuts <b>1*</b>	40	60	80	Grams
To serve				
Jasmine rice	150	225	300	Grams
Water	300	450	600	ML
Lime	1	1	2	Piece
Fresh coriander	15	15	15	Grams

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)	4464 / 1068
Fat (g)	38.6
of which saturates (g)	13.7
Carbohydrate (g)	135
of which sugars (g)	14
Fiber (g)	15.7
Protein (g)	59.7
Salt (g)	8.5

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



1 Boil potatoes

Wash the **potatoes** and chop them into small pieces. Cook in salted boiling water for 12 min. Drain.



2 Prep

Meanwhile, peel and chop the **shallots**. Peel the **carrots** and chop into small batons. Finely slice [5/7.5/10] cm of the **lemongrass**. Keep the rest whole. Chop the **chicken** into bite-sized pieces.



3 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.



4 Start curry

Meanwhile, heat a pan over a medium heat with a drizzle of oil. Once hot, add the **shallots** and cook for 3 min. Add the **ginger garlic paste**, sliced **lemongrass**, **red curry paste (spicy!)**, **turmeric**, **cardamom**, **cinnamon** and **cumin**. Cook for 2 min further until fragrant.



5 Simmer

Add the **chicken**, **carrots** and **potatoes**. Cook for 2 min. Add the **peanut butter**, **coconut sugar**, **lime leaves**, **tamarind paste**, **fish sauce**, **bay leaf**, **coconut milk**, **measured water** and the big piece of **lemongrass**. Cover and simmer for 10 min.



6 Serve

Slice the **lime** into wedges and chop the **coriander leaves**. Season the **curry** with a squeeze of **lime** juice and the **tamari** if needed. Serve the **curry** over the **jasmine rice**. Garnish with the **peanuts**, **coriander** and any remaining **lime** wedges.