

Quick Thai Curry

with Pulled Chicken and Cauliflower Rice

hellóchef

Want dinner on the table quick? This one's for you!

Cals 737 • Prot 54 • Carbs 43 • Fat 42

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🕒 cook: 25 min

R3222



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	
Pulled chicken	300	600	600	Grams
Shallots	1	1	2	Piece
Snow peas	100	150	200	Grams
Baby pak choi	3	6	6	Piece
Fresh coriander	15	15	15	Grams
Vegetable oil	1	1	2	Tbsp
Ginger garlic paste	10	15	20	Grams
Red curry paste 7*	20	30	40	Grams
Coconut milk	200	400	400	ML
Water	150	100	300	ML
Coconut sugar	10	10	15	Grams
Tamarind paste	15	22	30	Grams
Peanut butter 1*, 9*	30	45	60	Grams
Sambal oelek	10	20	20	Grams
Lime leaves	3	3	6	Piece
Fish sauce 6*, 10*	10	10	20	ML
Lime	1	1	2	Piece
Salted peanuts 1*	40	60	80	Grams

Cauliflower Rice

Cauliflower	400	600	800	Grams
Vegetable oil	1	1	2	Tbsp
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)	3082 / 737
Fat (g)	42.1
of which saturates (g)	15.1
Carbohydrate (g)	43
of which sugars (g)	15.9
Fiber (g)	15.2
Protein (g)	53.9
Salt (g)	10.5

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



1 Make cauliflower rice

Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains. Heat a pan 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. Remove from the heat, set aside and keep warm.



2 Prep

Meanwhile, finely slice the **shallots**. Slice the **snow peas** in half. Trim the **pak choi** and slice it in half, separating the white base from the green tops. Finely chop the **coriander leaves**.



3 Start curry

Heat a second 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** and **red curry paste (spicy!)**. Cook for 2 min further.

Tip! Don't rush the frying of the curry paste; caramelising the paste builds depth of flavour.



4 Finish curry

Add the **pulled chicken, coconut milk, measured water, coconut sugar, tamarind, peanut butter, sambal oelek (spicy!)** and **lime leaves**. Simmer for 5 min. Add the **snow peas** and **pak choi** and simmer for 5 min further.



5 Garnish

Add the **fish sauce**, half of the **coriander** and squeeze of **lime** juice.



6 Serve

Divide the **cauliflower rice** among shallow bowls along with the **curry**. Garnish with **peanuts**, the remaining **coriander leaves** and **lime**.