



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

Takes: 25 min | Gluten-Free | Dairy-Free

Equipment Required: Food processor

Cals 927 | Prot 45 | Carbs 79 | Fat 51

Tips For Fussy Eaters

Can't handle the heat? Go easy on the sambal oelek and red curry paste.

Pro Tip

Don't rush the frying of the curry paste. Caramelising the paste builds depth of flavour.

Ingredients

For 2 For 3 For 4

Curry

Pulled chicken	350	600	700	Grams
Shallots	1	1	2	Pieces
Snow peas	100	150	200	Grams
Baby pak choi	3	6	6	Pieces
Fresh coriander	15	15	15	Grams
Vegetable oil	1	1	2	Tbsp
Ginger garlic paste	10	15	20	Grams
Red curry paste	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	30	45	60	Grams
Sambal oelek	10	20	20	Grams
Lime leaves	3	3	6	Piece
Fish sauce	10	10	20	ML
Lime	1	1	2	Pieces
Salted peanuts	40	60	80	Grams

Cauliflower Rice

Cauliflower	400	600	800	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	1	1	Tsp



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.



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.



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**.



5 Garnish

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



3 Start curry

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



6 Serve

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



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