

Thai Green Curry

with Chicken and Jasmine Rice

hellóchef

Unlike Indian curries which favour spices, Thai curries use herbs and aromatics for flavour!

Cals 832 • Prot 60 • Carbs 98 • Fat 26

Weekly Classic

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🕒 cook: 35 min

R3386



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	500	600	Grams
Shallots	1	1	2	Piece
Red pepper	1	1	2	Piece
Snow peas	100	150	200	Grams
Lemongrass	1	1	1	Piece
Vegetable oil	1	1	2	Tbsp
Ginger garlic paste	10	15	20	Grams
Green curry paste	20	20	30	Grams
Tamarind paste	15	22	30	Grams
Coconut cream	200	200	400	Grams
Water	100	200	200	ML
Coconut sugar	5	10	10	Grams
Lime leaves	3	6	6	Piece
Lime	1	2	2	Piece
Fish sauce 6*, 10*	10	10	20	ML
Fresh coriander	15	15	15	Grams
Rice				
Jasmine rice	150	225	300	Grams
Water	300	450	600	ML
Salt	0.5	0.5	1	Tsp

Allergens

*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)	3481 / 832
Fat (g)	26.2
of which saturates (g)	21.6
Carbohydrate (g)	98
of which sugars (g)	10.6
Fiber (g)	10
Protein (g)	59.8
Salt (g)	3.9

*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

Rinse the **rice** in a sieve under cold water until the water runs clear. Place the **rice** in a pot and cover it with enough water to soak. Set aside. Chop the **chicken**. Peel and chop the **shallots**. Slice the **pepper**. Trim and slice the **snow peas**. Trim and finely slice [5/7.5/10] cm of the **lemongrass**. Keep the rest whole.



2 Boil rice

Drain the **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 Fry

Meanwhile, heat a 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**, sliced **lemongrass** and **green curry paste (spicy!)**. Cook for 2 min further.



4 Fry chicken

Add the **chicken** and **pepper**. Cook for 2 min. The **chicken** doesn't need to be cooked through at this point.

Tip! Don't overcook the peppers - keep them slightly crunchy instead!



5 Simmer

Add the **tamarind paste, coconut cream, measured water, coconut sugar, lime leaves** and the big piece of **lemongrass**. Simmer for 7 min. Add the **snow peas** and simmer for 3 min further.



6 Serve

Slice the **lime** into wedges. Season the **curry** with the **fish sauce** and a squeeze of **lime** juice. Remove the **lemongrass** piece and the **lime leaves**. Serve the **curry** over the **jasmine rice**. Garnish with any remaining **lime** wedges and the **fresh coriander**.