



Thai Style Chicken Curry

with courgette and fragrant rice

Calorie Smart Quick Cook 20-25 mins • Spicy

12



Diced Chicken Breast



Jasmine Rice



Onion



Chilli



Red Thai Style Paste



Coconut Milk



Lime



Courgette



Thai Style Spice Mix

Pantry Items: Oil, Salt, Pepper, Water

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Pot with lid, zester

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Jasmine Rice	150 g	300 g
Onion	1 unit	2 units
Chilli	1 unit	2 units
Red Thai Style Paste	1 sachet	2 sachets
Coconut Milk	1 pack	2 packs
Lime	1 unit	2 units
Courgette	1 unit	2 units
Thai Style Spice Mix	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	527.5 g	100 g
Energy (kJ/kcal)	2719.6 kJ/ 650 kcal	515.6 kJ/ 123.2 kcal
Fat (g)	20.9 g	4 g
Sat. Fat (g)	15.4 g	2.9 g
Carbohydrate (g)	79.2 g	15 g
Sugars (g)	9.2 g	1.7 g
Protein (g)	39.5 g	7.5 g
Salt (g)	2.8 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

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Cook the Rice

- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium and cover with the lid.
- Cook for 12 mins then remove the pot from the heat.
- Keep covered for another 12 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Simmer the Sauce

- Add the **Thai style spice mix**, **red Thai paste** and **half** the **chilli** to the pan. You can use less **chilli** if you don't like spice—or more if you do.
- Cook together until fragrant, 30 secs.
- Stir in the **coconut milk**.
- Simmer until the **chicken** is cooked through and the veg is tender, 8-10 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.



Prep Your Veg

- Meanwhile, trim the **courgette** and chop into 1cm cubes.
- Halve, peel and thinly slice the **onion**.
- Halve the **chilli** lengthways, deseed and thinly slice.
- Zest and halve the **lime**.



Finishing Touches

- Add a squeeze of **lime** juice to your curry.
- Season to taste with **salt**, **pepper** and more **lime** juice if desired.
- Stir the **lime** zest through the **rice**, fluffing it up as you go.

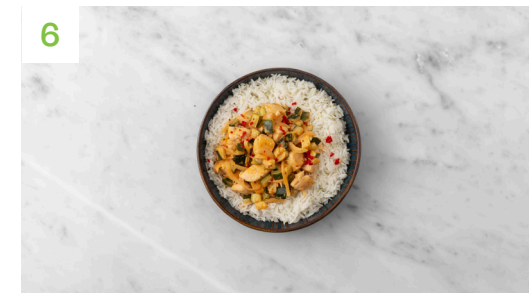
TIP: Loosen the curry with a splash of water if you feel it's too thick.



Start the Curry

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **chicken** until starting to brown, 3-4 mins.
- Once browned, add the **onion** and **courgette** and fry for another 2 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging used to keep it fresh. It will still taste delicious once cooked!



Garnish and Serve

- Serve the **lime rice** in bowls topped with the **chicken** curry.
- Finish with a sprinkling of as much of the remaining chopped **chilli** as you like.

Enjoy!