



Creamy Sweet Miso Chicken Curry

with mushrooms and jasmine rice

20 – 25 mins • *Optional spice*

18



Diced Irish Chicken Breast



Jasmine Rice



Mushrooms



Coconut Milk



Scallion



Miso Paste



Garlic, Ginger & Lemongrass Paste



Chilli



Honey



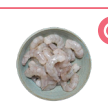
Onion



Diced Chicken Breast



Beef Strips



Prawns

Pantry Items: Salt, Oil, Pepper, Water



Rate your recipe!

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.

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

Cooking tools you will need

Pan with lid, pot with lid

Ingredients

	2P	4P
Diced Irish Chicken Breast	260 g	520 g
Jasmine Rice	150 g	300 g
Mushrooms	150 g	250 g
Coconut Milk	1 pack	2 packs
Scallion	1 unit	2 units
Miso Paste	1 sachet	2 sachets
Garlic, Ginger & Lemongrass Paste	1 sachet	2 sachets
Chilli	1 unit	2 units
Honey	2 sachets	4 sachets
Onion	1 unit	2 units
Diced Chicken Breast	520 g	1040 g
Beef Strips	250 g	500 g
Prawns	150 g	300 g

Nutrition

for uncooked ingredient	Per 100g	Per 100g	Per 100g	Per 100g
Energy (kJ/kcal)	596 kJ/ 142 kcal	564 kJ/ 135 kcal	605 kJ/ 145 kcal	579kJ/ 138 kcal
Fat (g)	4.3 g	3.6 g	4.9 g	4.7 g
Sat. Fat (g)	3.3 g	2.6 g	3.5 g	3.6 g
Carbohydrate (g)	17.1 g	13.3 g	17.3 g	19.4 g
Sugars (g)	3 g	2.3 g	3 g	3.4 g
Protein (g)	9.2 g	12.4 g	8.3 g	5.3 g
Salt (g)	0.4 g	0.3 g	0.3 g	0.6 g

See site or app for detailed nutritional info.

Allergens

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

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Cook the Rice

1. Pour 300ml cold **salted water** (per 2P) into a medium pot with a tight-fitting lid.
2. Stir in the **rice** and bring to the boil.
3. Once boiling, lower the heat to medium, cover and cook for 12 mins.
4. Once cooked, remove the pot from the heat.
5. Keep covered for another 12 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Simmer the Sauce

1. Add the **lemongrass paste** and **chilli** (use less if you don't like spice).
2. Fry until fragrant, another 30 secs.
3. Add **coconut milk** and 25ml **water** (per 2P) to the pan.
4. Cover and cook for 6-8 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
5. Loosen the sauce with a splash of **water** if necessary. Season to taste with **salt** and **pepper**.



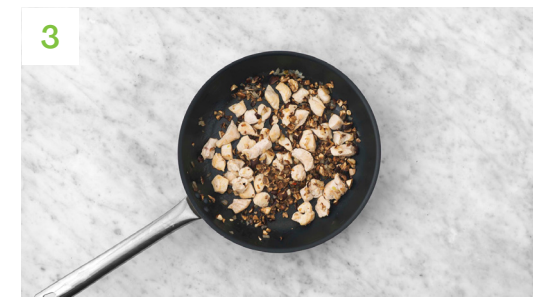
Get Prepped

1. Meanwhile, roughly chop the **mushrooms**.
2. Halve the **chilli** and discard the core and seeds. Finely chop.
3. Halve, peel and chop the **onion** into small pieces.
4. Stir the **coconut milk** (or shake the packet) to dissolve any lumps.



Finishing Touches

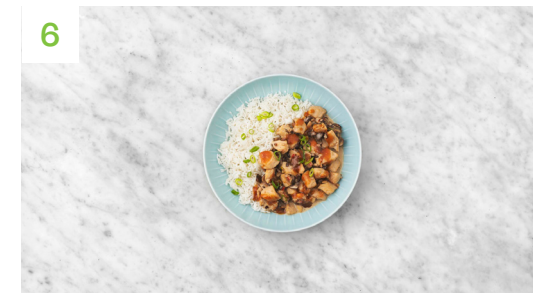
1. While the **chicken** cooks, trim and thinly slice the **scallion**.
2. Add the **honey** and **miso** to a bowl and mix to combine.



Soften the Veg

1. Place a large pan over medium-high heat with a drizzle of **oil**.
2. When the pan is hot, add the **onion**, **chicken** and **mushrooms**. Season with **salt** and **pepper**.
3. Fry until browned, stirring occasionally, 5-6 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 we use to keep it fresh.



Dish Up

1. Fluff up the **rice** with a fork and divide between bowls.
2. Top with the fragrant **chicken** curry.
3. Drizzle the **honey miso** sauce over the **chicken**.
4. Finish with a sprinkling of sliced **scallion**.

Enjoy!

CUSTOM OPTIONS



BEEF STRIPS

Swapping to beef strips? Fry the beef until browned, 2-3 mins, then remove before adding the veg. Stir the strips back into the curry just before serving.



PRAWNS

Swapping to prawns? Add to the hot pan and fry until cooked through, 4-5 mins.