



# Massaman Chicken Curry

with rice and crunchy peanuts

20 – 25 mins

25



Diced Irish Chicken Breast



Garlic, Ginger & Lemongrass Paste



Coconut Milk



Jasmine Rice



Peanuts



Peas



Scallion



Lime



Dried Chilli Flakes



Massaman Curry Paste



Carrot



Stock



Diced Irish Chicken Breast

Pantry Items: Water, Salt, Oil, Pepper



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## 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
Garlic, Ginger & Lemongrass Paste	1 sachet	2 sachets
Coconut Milk	1 pack	2 packs
Jasmine Rice	150 g	300 g
Peanuts	20 g	40 g
Peas	120 g	240 g
Scallion	1 unit	2 units
Lime	1 unit	2 units
Dried Chilli Flakes	2 sachets	4 sachets
Massaman Curry Paste	1 sachet	2 sachets
Carrot	1 unit	2 units
Stock	1 sachet	2 sachets
Diced Chicken Breast	520 g	1040 g

## Nutrition

	Recipe 1	
for uncooked ingredient	Per 100g	Per 100g
Energy (kJ/kcal)	610 kJ/ 145.8 kcal	579 kJ/ 138 kcal
Fat (g)	5 g	4.3 g
Sat. Fat (g)	3.1 g	2.5 g
Carbohydrate (g)	16.5 g	13.3 g
Sugars (g)	2.4 g	1.9 g
Protein (g)	9 g	12 g
Salt (g)	0.5 g	0.5 g

See site or app for detailed nutritional info.

## Allergens

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

## Contact

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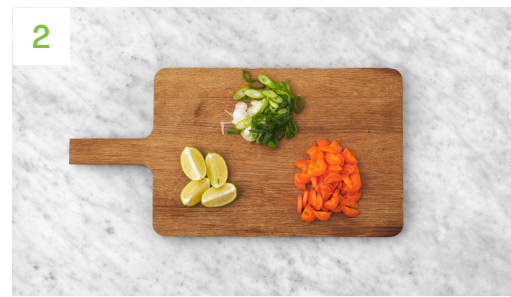
### Cook the Rice

- Pour 300ml cold **salted water** (per 2P) 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, cover with the lid and cook for 12 mins.
- Once cooked, remove the pot from the heat.
- Set aside for 12 mins or until ready to serve (the **rice** will continue to cook in its own steam).



### Simmer the Curry

- Add the **lemongrass paste** and fry until fragrant, 2-3 mins.
- Add the **coconut milk, stock, massaman paste, chilli flakes** (use less if you don't like spice) and 75ml **water** (per 2P).
- Cover and simmer until the **carrot** is tender, 4-6 mins.



### Get Prepped

- Trim and thinly slice the **scallion**.
- Quarter the **lime**.
- Trim the **carrot** and halve lengthways. Chop widthways into ½ cm semicircles.
- Stir the **coconut milk** (or shake the packet) to dissolve any lumps.



### Finishing Touches

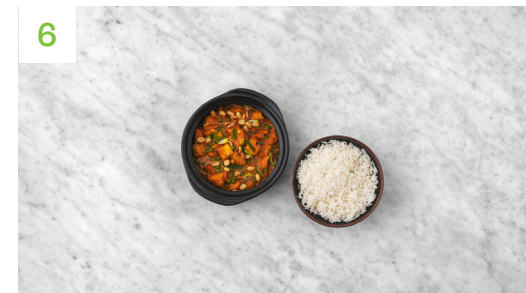
- When 1 min of cooking time remains, add the **peas** and allow to warm through.
- Season to taste with **salt** and **pepper**.
- Add a splash of water if you feel it's too thick.



### Fry the Chicken

- Place a large pan over medium high heat with a drizzle of **oil**.
- Once hot, fry the **chicken** and **carrot** until browned, 6-8 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging. Chicken is cooked when no longer pink in the middle.

**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!



### Dish Up

- Divide the fragrant **rice** and curry between plates.
- Scatter sliced **scallion** and **peanuts** over the top.
- Finish off with a squeeze of **lime** juice.
- Serve any remaining **lime** wedges alongside.

### Enjoy!