

Thai Green Chicken Curry



Ready in 30 minutes



Mild


**SIMPLY
DINNER**

FEEDS 4

— RECIPE BY —

**annabel
langbein™**

What's in the kit

- Rice
- Carrots
- Chicken breast
- Annabel's Go To Fragrant Green Curry sauce
- Spinach

What else you need

- Salt and pepper
- Water

Optional extras

- Fresh coriander



*Dinner's
in the Bag!*

NET WEIGHT 1463 g



**NEW
RECIPE**
TAKE ME HOME

Thai Green Chicken Curry



Serves 4



Ready in 30 minutes

Ingredients

We endeavour to supply your meal kit exactly as shown. However, due to seasonality and supply issues some ingredients may occasionally be substituted with a different item.

1 ½ cups rice

2 carrots

400g chicken breast

500g Annabel's Go To
Fragrant Green Curry sauce

1 cup water

¼ tsp salt

several grinds of pepper

120g baby spinach

Method

If using optional ingredients, please read cooking method fully before starting to cook.

1. Place rice in a large pot with 2 ¼ cups water and a little salt. Bring to a boil over a high heat, then cover and reduce to lowest heat. Cook for 13 minutes then turn off the heat and allow to stand without lifting the lid.
2. While rice is cooking, peel carrots, halve lengthwise and thinly angle slice. Cut chicken into bite-size pieces (2-4cm). Put chicken to one side. If using pre-diced chicken you will not need to cut it up.
3. Place Annabel's Go To Fragrant Green Curry sauce in a pot with 1 cup water, ¼ tsp salt and several grinds of pepper and bring to a boil, stirring until smooth. Reduce heat to a simmer, add carrot, cover and simmer for 5 minutes. Stir, add chicken and bring back to a simmer. Cover and simmer another 10 minutes, stirring occasionally. Mix in spinach over heat until wilted. Check seasoning and adjust to taste with salt and pepper.

To Serve

Fluff the rice with a fork. Divide between 4 bowls and top with the green curry. Enjoy!

Optional

If using coriander, chop coarsely and sprinkle over green curry to serve.

NUTRITION INFORMATION

Servings per package: 4

Serving size: 385 g

	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	2530 kJ	658 kJ
Protein	30.0 g	7.8 g
Fat, total	18.1 g	4.7 g
- saturated	9.7 g	2.5 g
Carbohydrate	77.4 g	20.1 g
- sugars	11.3 g	2.9 g
Sodium	1370 mg	357 mg

Ingredients: Annabel's Go To Fragrant Green Curry Sauce (32%) [Coconut cream, water, onions, sugar, canola oil, ginger, garlic, green curry paste (soy, fish), lemongrass, modified starch (1442), salt, coriander, spices, acidity regulator (citric acid), emulsifier (433)], Chicken (26%), Rice (19%), Carrot, Spinach.

Contains Fish, Soy

May Contain Milk, Egg, Sesame, Wheat, Gluten, Peanuts, Almond, Crustacea

NUTRITION INFORMATION refers to the packaged meal and **NET WEIGHT** refers to the weight of the bag. All ingredients and items within this meal kit are intended for use in the recipe supplied and are to be used as per the stated **Use By** date. Nutritional values can increase or decrease due to changes caused by the cooking process, the addition of optional ingredients and pantry items (such as salt) or the substitution of fresh produce.

Directions for use and storage conditions: Keep everything clean including hands and surfaces prior to eating. Wash all fruit and vegetables thoroughly. Separate raw and ready to eat foods during storage and preparation. Cook food thoroughly. Keep food at safe temperature and store ingredients between 1°C and 4°C.

Marketed by: Foodstuffs North Island Ltd.
35 Landing Drive, Mangere, Auckland 2022.

If you have any feedback or issues with your meal kit, please contact the store you purchased your Simply Dinner meal kit from.

