



Product Spotlight: Green Curry Spice Mix

The green curry spice mix from GH Produce features native ingredients, including WA finger lime, Geraldton wax and lemon myrtle. It is mild in spice, perfect for little ones.



Baked Green Curry Chicken and Rice

Creamy coconut baked rice with chicken breast and vegetables, mildly spiced with GH Produce's green curry spice mix, all finished with crunchy snow peas and a squeeze of lime.



40 minutes



2 servings



Chicken

25 August 2023

Skip the bake!

You can cook the onion, capsicum, snow peas and chicken with green curry spice in a pan. Add coconut milk to simmer. Serve with rice on the side and garnish with fresh coriander and chilli if you have some.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	59g	45g	40g

FROM YOUR BOX

BROWN ONION	1
RED CAPSICUM	1
CHICKEN BREAST FILLET	300g
GREEN CURRY SPICE MIX	1 sachet
BASMATI RICE	150g
COCONUT MILK	400ml
LIME	1
SNOW PEAS	1 packet (150g)

FROM YOUR PANTRY

oil for cooking, fish sauce (or soy sauce)

KEY UTENSILS

ovenproof frypan with lid (see notes), kettle

NOTES

If you don't have an ovenproof frypan, you can transfer the chicken and rice in step 3 to an oven dish. Cover with foil or an oven tray to bake.

If the rice feels a little undercooked after removing it from the oven, leave it to sit with the lid on for 5 minutes. You can also add 2-3 tbsp boiled water and return to the oven for 5 minutes.

If you prefer to cook the snow peas, you can stir them through the rice in step 3.



1. SAUTÉ THE VEGETABLES

Set oven to 220°C. Bring **1 cup water** to boil in the kettle.

Heat an ovenproof frypan over medium-high heat with **oil** (see notes). Slice onion and capsicum. Add to pan as you go and cook for 3 minutes until softened.



2. ADD THE CHICKEN

Dice and add chicken along with green curry spice mix and rice. Cook for 1 minute until fragrant (add more **oil** if needed).



3. BAKE THE RICE

Stir in coconut milk and **1/2 cup boiled water**. Season with zest and juice from 1/2 lime and **1 tbsp fish sauce**. Cover with lid and bake in oven for 25-30 minutes until rice has absorbed liquid and chicken is cooked through (see notes).



4. PREPARE THE TOPPINGS

Trim and slice snow peas (see notes). Wedge remaining lime.



5. FINISH AND SERVE

Garnish chicken and rice with sliced snow peas. Serve with lime wedges.



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