




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 diced 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

 4/6 servings

 Chicken

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
4/6 Person:	39g	16g/10g	67g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
RED CAPSICUM	1	2
DICED CHICKEN BREAST	600g	600g + 300g
GREEN CURRY SPICE MIX	1 sachet	2 sachets
BASMATI RICE	300g	300g + 150g
COCONUT MILK	400ml	400ml
LIME	1	2
SNOW PEAS	150g	2 x 150g

FROM YOUR PANTRY

oil for cooking, fish sauce (or soy sauce)

KEY UTENSILS

oven proof 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 **2 cups 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.

6P - bring 3 cups water to boil in the kettle.



2. ADD THE CHICKEN

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 1/2 cups boiled water**. Season with **zest and juice from 1/2 lime** and **2 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).

6P - use coconut milk, 3 cups water, zest and juice from 1 lime and 3 tbsp fish sauce.



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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