

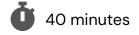




## **Baked Green Curry Chicken**

## 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.







# 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.

PROTEIN TOTAL FAT CARBOHYDRATES 59g

#### 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	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 mediumhigh 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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