



UCOOK

Thai Red Chicken Curry

with jasmine rice & coconut cream

It's flavour in a flash, Chef! A bed of fluffy jasmine rice is covered in coconut-cream Thai red curry loaded with browned chicken pieces, baby marrow, spinach, bell peppers, and, most importantly, bags and bags of flavour. Garnish with fresh coriander and you're good to go.


Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 2 People

Chef: Samantha du Toit

Quick & Easy

 Grootte Post Winery | Grootte Post Chenin Blanc 2022

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Ingredients & Prep

200ml	Jasmine Rice <i>rinse</i>
300g	Free-Range Chicken Mini Fillets
20ml	Spice & All Things Nice Thai Red Curry Paste
20g	Garlic Flakes
200ml	Coconut Cream
1	Bell Pepper <i>rinse, deseed & cut into strips</i>
200g	Baby Marrow <i>rinse, trim & cut into thin rounds</i>
40g	Spinach <i>rinse</i>
5g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. RICE TIME Place the rinsed rice in a pot with 400ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. CHICKEN Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. Remove from the pan, season, and set aside.

3. CURRY IN A HURRY Return the pan to medium heat with a drizzle of oil if necessary. When hot, fry the curry paste (to taste) and the garlic flakes until fragrant, 1-2 minutes. Mix in the coconut cream, 100ml of water, the pepper strips, and the baby marrow rounds. Simmer until the sauce has slightly reduced and the baby marrow is cooked through, 4-5 minutes. Remove from the heat, add the browned chicken pieces and the rinsed spinach, and season.

4. PLATE UP Plate up the fluffy rice, top with the Thai chicken curry and garnish with the chopped coriander. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	464kj
Energy	111kcal
Protein	6.6g
Carbs	13g
of which sugars	1.6g
Fibre	1.2g
Fat	3.6g
of which saturated	2.5g
Sodium	106mg

Allergens

Allium, Sulphites

Eat
Within
3 Days