



THAI-STYLE COCONUT CHICKEN CURRY

jasmine rice, bell pepper, scallion, black sesame seeds

COOK TIME
25 MIN

SERVINGS
2

CALORIES PER SERVING
710

MENU
GLUTEN-FREE

Our chefs took inspiration from a traditional Thai coconut chicken curry for these bowls that deliver deeply aromatic comfort. The dish comes together with rich coconut milk and savory chicken stock, along with bell pepper, onions, ginger, and chicken seasoned with rich curry spices. Garnishes of scallion, sesame seeds, and crushed red pepper flakes (for even more heat!) deliver bits of crunch and color on top.

INGREDIENTS (11 ITEMS)

- ½ cup **Jasmine rice**
- 1 whole **Scallion**
- 1 unit **Red bell pepper**
- 2 (5 oz) **Chicken cutlets***
- 2 tsp **Curry-style spice blend**
- 2 oz **Yellow onions**
- & ¼ oz **& ginger**
- ½ tsp **Crushed red pepper flakes**
- 5 oz **Coconut milk** T
- 2 whole **Chicken stock concentrates**
- 1½ tsp **Tapioca starch**
- ½ tsp **Black sesame seeds**

WHAT YOU'LL NEED

- small pot with lid
- large pot
- measuring cup & spoons
- thermometer
- cooking oil
- 2 tsp sugar
- salt & pepper

ALLERGENS

T TREE NUTS (coconut)

CUSTOM CHEF

If you chose to modify your meal, follow the Custom Chef instructions on the flip side of this card.

 **2 (5 oz) Organic chicken cutlets***
Calories: 700

*Chicken is fully cooked when internal temperature reaches 165°.

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry. Consuming raw or undercooked poultry may increase your risk of foodborne illness. Go to greenchef.com/faq for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

1 COOK RICE

- Bring **jasmine rice**, 1 cup water, and about ¼ teaspoon salt to a boil in a small pot. Stir, then reduce heat to medium low and cover pot with lid. Simmer 16-18 minutes, or until rice is tender and water has absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork.

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 PREP

- Trim and thinly slice **scallion**, separating whites from greens.
- Cut **red bell pepper*** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.

**The ingredient you received may be a different color.*

3 SEAR CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with about half the **curry-style spice blend**, salt, and pepper.
- Heat about 1 tablespoon cooking oil in a large pot over medium-high heat. Add **chicken** to hot pot. Cook 3-4 minutes on each side, or until browned but not yet cooked through.
- Transfer **chicken** to a cutting board. (You'll finish cooking the chicken in Step 6.)

🔄 Swap in **organic chicken cutlets** for chicken cutlets.

4 START CURRY

- Heat about 1 tablespoon cooking oil in pot used for chicken over medium-high heat. Add **scallion whites**, **bell pepper**, and **yellow onions and ginger** to hot pot. Season with about half the **crushed red pepper flakes***, remaining **curry-style spice blend**, about ¼ teaspoon salt, and a pinch of pepper. Cook 2-3 minutes, or until veggies begin to soften, stirring occasionally.

**If heat sensitive, use crushed red pepper flakes sparingly, or omit entirely.*

5 DICE CHICKEN

- Dice **chicken*** into pieces, about ¾ inch each.

**Chicken is not fully cooked yet—don't worry! It'll finish cooking in Step 6.*

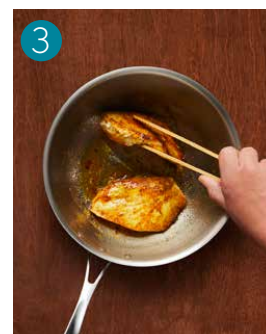
6 FINISH CURRY

- Return **diced chicken** to pot.
- Add **coconut milk***, **chicken stock concentrates**, **tapioca starch**, ¾ cup water, and about 2 teaspoons sugar. Stir to combine. Bring to a boil, then reduce heat to medium low. Simmer 4-5 minutes, or until curry has reduced slightly and chicken is fully cooked. Season with salt and pepper to taste.

**The top of your coconut milk may have solidified during refrigeration. It's just as tasty—just use a spoon to transfer it to the curry.*

7 PLATE YOUR DISH

- Divide **rice** between bowls. Ladle **coconut chicken curry** next to rice or over top. Garnish with **scallion greens**, **black sesame seeds**, and remaining **red pepper flakes** if desired. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (393g)

Amount per serving

Calories **710**

	% Daily Value*
Total Fat 33g	42%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 115mg	38%
Sodium 830mg	36%
Total Carbohydrate 61g	22%
Dietary Fiber 3g	11%
Total Sugars 11g	
Includes 4g Added Sugars	8%
Protein 40g	
Vitamin D 0mcg	0%
Calcium 58mg	4%
Iron 1mg	6%
Potassium 868mg	20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Chicken Cutlets [chicken], **Coconut Milk** [coconut milk], **Yellow Onions**, **Ginger** [organic ginger, organic cane sugar, organic rice vinegar, citric acid], **Bell Peppers**, **Jasmine Rice** [jasmine rice], **Curry-Style Spice Blend** (Sweet Paprika, Ground Cumin, Ground Coriander, Turmeric, Ground Cardamom, Ground Cayenne Pepper, Ground Fenugreek, Ground Fennel, Cinnamon, Onion Powder, Ground Bay Leaves, Granulated Garlic), **Chicken Stock Concentrate** [chicken stock, maltodextrin, natural flavor, chicken fat, sugar, salt, yeast extract and xanthan gum], **Scallions**, **Black Sesame Seeds** [black sesame seeds], **Tapioca Flour** [organic cassava or manioc root], **Crushed Red Pepper Flakes**

Allergen information:

Contains Tree Nuts

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.