



Massaman-Inspired Chicken Curry

with Bok Choy and Crispy Shallots

Spicy

25 Minutes



Chicken Thighs ⁺
280 g | 560 g

Tofu
1 | 2

Chicken Breasts ⁺
4 | 8

Customized Protein Add Swap or *2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Chicken Breasts ⁺
2 | 4

Red Curry Paste
4 tbsp | 8 tbsp

Dal Spice Blend
1 tbsp | 2 tbsp

Coconut Milk
1 | 2

Jasmine Rice
¾ cup | 1 ½ cups

Red Onion
1 | 2

Shanghai Bok Choy
1 | 2

Peanuts, chopped
28 g | 56 g

Crispy Shallots
28 g | 56 g

Lime
1 | 2

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Oil, salt, pepper

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, strainer, zester

1



Cook rice

- Before starting, add 1 cup (2 cups) water and ½ tsp (¼ tsp) salt to a medium pot.
- Cover and bring to a boil over high heat.
- Wash and dry all produce.

- Add **rice** to the **boiling water**, then reduce heat to medium-low. Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min. (**NOTE:** Reduce heat to low if water is boiling over.)
- Remove from heat. Set aside, still covered.

4



Cook chicken and veggies

Swap | Tofu

- Reheat the same pan over medium-high. Add **1 tbsp** (2 tbsp) **oil**, then **onions**. Cook, stirring occasionally, until starting to soften, 1-2 min.
- Add **chicken**. Cook, stirring occasionally, until **chicken** is golden-brown, 2-3 min.**

2



Prep

Swap | Chicken Thighs

Swap | Tofu

×2 Double | Chicken Breast

- Meanwhile, cut **bok choy** into ½-inch pieces. (**TIP:** Rinse bok choy leaves to wash away any hidden dirt!)
- Peel, then cut **onion** into ¼-inch slices.
- Zest, then cut **lime** into wedges.
- Pat **chicken** dry with paper towels, then cut **chicken** into ½-inch pieces.
- Sprinkle over **half the Dal Spice Blend**, then season with **salt** and **pepper**.

5



Cook sauce

- Add **red curry paste** and **remaining Dal Spice Blend** to the pan.
- Cook, stirring constantly, until fragrant, 1-2 min.
- Add **coconut milk**, **bok choy** and ¼ cup (½ cup) **water**.
- Cook, stirring occasionally, until **sauce** thickens slightly, 3-4 min.
- Season with **salt** and **pepper**, to taste.

3



Toast peanuts

- Heat a large non-stick pan over medium-high heat.
- When hot, add **peanuts** to the dry pan. Toast, stirring often, until golden, 2-4 min. (**TIP:** Keep your eye on them so they don't burn!)
- Transfer to a plate.

6



Finish and serve

- Fluff **rice** with a fork, then stir in **lime zest** and **half the crispy shallots**.
- Divide **rice** between bowls, then top with **curry**.
- Sprinkle over **peanuts** and **remaining crispy shallots**.
- Squeeze over a **lime wedge**, if desired.

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

2 | Prep

Swap | Chicken Thighs

If you've opted to get **chicken thighs**, prep and cook them in the same way the recipe instructs you to prep and cook the **chicken breasts**.

2 | Prep

Swap | Tofu

If you've opted to get **tofu**, pat **tofu** dry with paper towels. Using a fork, poke **tofu** all over, then cut into ½-inch pieces. Season **tofu** in the same way the recipe instructs you to season the **chicken**.

2 | Prep

×2 Double | Chicken Breast

If you've opted for **double chicken**, cook it in the same way the recipe instructs you to cook the **regular portion of chicken**. Work in batches, if necessary.

4 | Cook tofu and veggies

Swap | Tofu

Cook **tofu**, turning occasionally, until crispy and golden-brown all over, 6-7 min.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.