



NUTRITION *per serving* 34g carbohydrates 21g fat 54g protein 1163mg sodium | CONTAINS soy | calorie-conscious, carb-conscious



Calories
527



Prep & Cook Time
30-40 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Mild

IN YOUR BOX

- 1 Cauliflower Head
- 1 Resealable Gallon-Size Plastic Bag
- 4 oz. Frozen Peas
- 6 oz. Carrot
- 2 Green Onions
- 2 Garlic Cloves
- 2 Boneless Skinless Chicken Breasts
- 2 tsp. Chopped Ginger
- 2 Tbsp. Yellow Curry Paste
- 5.6 fl. oz. Coconut Milk

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Small Pot
- Medium Non-Stick Pan

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Thai-Style Yellow Curry Chicken

with roasted carrots and cauliflower rice

BEFORE YOU COOK

- ❑ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ❑ Preheat oven to **400 degrees**
- ❑ Thoroughly rinse produce and pat dry
- ❑ Prepare a baking sheet with foil and cooking spray

WHILE YOU COOK

- ❑ **Heads Up!** Green onions are used twice. **White portions** are added to **sauce**, and **green portions** garnish dish.

FROM THE CHEF

Remove as much air as possible from bag before pounding cauliflower into rice. Too much air may cause bag to burst.

Did you know...

Yellow curry gets its distinctive coloring from turmeric, which may also increase brain function. But we already knew you were smart to make this meal!



Make the Cauliflower Rice

Remove leaves from **cauliflower head**, core, and cut into large florets. Place cauliflower in provided **resealable bag**. Pound until it resembles coarse grains slightly larger than rice. *Don't worry if some larger stem pieces remain.* Place cauliflower pieces in a small pot with $\frac{1}{4}$ cup **water** over medium-low heat. Cook until tender and water evaporates, 15-17 minutes. Add **peas** and season with $\frac{1}{4}$ tsp. **salt**. Remove from burner, cover, and set aside. While cauliflower cooks, prepare ingredients.



Roast Carrots and Chicken

Toss **carrot slices**, 2 tsp. **olive oil**, and $\frac{1}{4}$ tsp. **salt** on other half of baking sheet and spread into a single layer. Roast until carrots are crisp-tender and **chicken** reaches a minimum internal temperature of 165 degrees, 11-15 minutes. While chicken and vegetables roast, make sauce.



Prepare the Ingredients

Peel, trim, and cut **carrot** into $\frac{1}{4}$ " slices on an angle. Trim and thinly slice **green onions** on an angle, keeping white and green portions separate. Mince **garlic**. Pat **chicken breasts** dry, and season both sides with $\frac{1}{2}$ tsp. **salt** and $\frac{1}{4}$ tsp. **pepper**.



Make the Sauce

Return pan used to sear chicken to medium heat. Add 1 tsp. **olive oil**, **white portions of green onions**, **garlic**, and **ginger** to hot pan and cook until fragrant, 1 minute. Add **yellow curry paste** and **coconut milk** and cook, stirring occasionally, until thick enough to coat the back of a spoon, 3-4 minutes. Season with $\frac{1}{2}$ tsp. **salt** and $\frac{1}{4}$ tsp. **pepper**.



Sear the Chicken Breasts

Heat a medium non-stick pan over medium-high heat. Add 2 tsp. **olive oil** and **chicken** to hot pan and cook on one side until well-browned, 3-4 minutes. Transfer chicken, seared side up, to half of prepared baking sheet. Reserve pan; no need to wipe clean.



Plate the Dish

Serve **cauliflower rice** and **roasted carrots** on a plate and spoon **curry sauce** around rice. Place **chicken** over sauce. Garnish with **green portions of green onions**.