



NUTRITION *per serving* 35g carbohydrates 25g fat 47g protein 1022mg sodium | low-calorie, low-carb, gluten-free, dairy-free, soy-free, nut-free



Calories
538



Prep & Cook Time
25-35 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Medium

IN YOUR BOX

- 1 Cauliflower Head
- 1 Red Bell Pepper
- 2 Garlic Cloves
- 4 oz. Frozen Peas
- 3 oz. Frozen Pineapple
- 2 Boneless Skinless Chicken Breasts
- 1 Resealable Gallon-Size Plastic Bag
- 1 tsp. Chopped Ginger
- 5.6 fl. oz. Coconut Milk
- 2 Tbsp. Red Curry Paste

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Small Pot
- Medium Pan

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HOME CHEF

Thai Red Curry Chicken

with red peppers, pineapple, 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!
- Thoroughly rinse produce and pat dry

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Spice alert!** Red curry paste can add substantial heat to a dish. Add half to **sauce** initially, and add more to taste.

FROM THE CHEF

For fork-only eating, cut cooked chicken breasts into large chunks and stir into finished curry.

Did you know...

Curry paste gets its color mostly from ground chiles. Ginger, garlic, lemongrass, and kaffir lime give it its appealing aroma.



Prepare the Ingredients

Remove leaves from **cauliflower head**, core, and cut into bite-sized florets. Stem, seed, and slice **red bell pepper** into ¼” strips. Mince **garlic**. Rinse **peas** and **pineapple** under warm water if still frozen. *No need to keep peas and pineapple separate.* Rinse **chicken breast**, pat dry, and season both sides with ½ tsp. **salt** and ¼ tsp. **pepper**.



Make the Cauliflower Rice

Place **cauliflower** in **resealable bag** and remove as much air as possible, leaving open a 1” gap for air to escape. Pound with a heavy pan or mallet until it resembles coarse grains, a little larger than rice. *Don't worry if some stem pieces remain larger.*



Cook the Cauliflower Rice

Place **cauliflower rice** in small pot with ¼ cup water over medium-low heat. Cook, stirring often, until tender and water has evaporated, 15 minutes. Season with ¼ tsp. **salt** and remove from burner. Cover and set aside. While rice cooks, sear chicken.



Cook the Chicken

Heat 2 tsp. **olive oil** in a medium pan over medium-high heat. Place **chicken breasts** in hot pan and cook 5-6 minutes per side until golden brown and chicken reaches a minimum internal temperature of 165 degrees. Transfer to a plate and rest 5 minutes. Reserve pan for making **sauce** in next step; no need to wipe clean.



Make the Sauce

Heat 2 tsp. **olive oil** in pan used to cook chicken over medium-high heat. Add **garlic** and **ginger** to hot pan and cook 30 seconds, while stirring, until fragrant. Add **red bell pepper strips** and cook 1-2 minutes, while stirring, until slightly softened. Add **coconut milk** and **half the curry paste** to pan and bring to a simmer. Simmer 2-3 minutes until sauce thickens slightly. Stir in **peas** and **pineapple** and cook 1 minute until warmed through. Taste, and add remaining curry paste if desired.



Plate the Dish

Place a serving of **cauliflower rice** on a plate. Add **sauce** and **veggies** to plate, and serve cooked **chicken** on top of sauce.