Panang Chicken over Rice

Cooking Instructions

This dish has 5 parts: Chicken, Veggies, Curry Sauce, Red Curry Paste, and Jasmine Rice.

Note: In this kit, you'll find a small portion of Red Curry Paste. This allows you to customize the "heat" in your curry.

QuickThaw: Submerge well-sealed bags in water for 10–15 minutes.

Rice:

1. Combine rice, 1 1/2 cups water, and 1/4 tsp salt, optional, in a saucepan.
2. Bring to a boil and stir once.
3. Reduce heat, cover, and simmer 16 minutes, until rice is tender.

Panang Chicken:

1. In a large stockpot, add a little oil over medium-high heat.
2. Sauté chicken for about 3–4 minutes per side.
3. Add 1 1/4 cups water to the pan.
4. Add the pouched Curry Sauce and the veggies.
5. Stir, bring to a light boil, and then lower heat.
6. Add Red Curry Paste to taste. It adds a little "heat," so start by stirring in half of the portion and then taste to see if you'd like more.
7. Simmer curry, uncovered, for 7 minutes, until the veggies are tender.
8. Spoon over rice.

Internal temp: 165°F.

Serving Suggestion: Serve over rice, with salad or spring rolls. Pinot Noir.

Please Note: Cooking times are estimates and vary based on your actual stovetop, as well as item thickness and starting temperature. For best results, always verify the internal temperature of your meals. We recommend instant-read pocket thermometers – they are inexpensive, convenient, and very easy to use.

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