

# Thai Fried Chicken Bites & DIY Nam Chim Sauce

with Garlic Rice & Cucumber Ribbon Salad

SKILL UP

TAKEAWAY FAVES

CLIMATE SUPERSTAR

Grab your meal kit with this number

42



Garlic



White Rice



Carrot



Cucumber



Lemon



Coriander



Long Chilli (Optional)



Fish Sauce & Rice Vinegar Mix



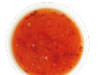
Chicken Thigh



Cornflour



Satay Seasoning



Sweet Chilli Sauce



Mixed Salad Leaves



Chicken Thigh



Chicken Breast

Prep in: 25-35 mins  
Ready in: 35-45 mins

Eat Me Early

Here to challenge your inner chef, our new 'skill up' recipes will take you from zero to hero. These moreish chicken morsels use a wet spiced batter for an airy, crisp coating on the flavourful bites. Paired with "nam chim", a punchy Thai dipping sauce made using a pestle and mortar, it's a taste of Thailand that's easy to recreate at home.

### Pantry items

Olive Oil, Butter, White Sugar, Egg

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches**

## You will need

Medium saucepan with a lid · Pestle and mortar · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>garlic</b>	3 cloves	6 cloves
<b>butter*</b>	20g	40g
<b>water*</b> (for the rice)	1¼ cups	2½ cups
white rice	1 medium packet	1 large packet
carrot	1	2
cucumber	1	2
lemon	½	1
coriander	1 packet	1 packet
long chilli 🌶️ (optional)	½	1
fish sauce & rice vinegar mix	1 packet	2 packets
<b>white sugar*</b>	1 tsp	2 tsp
<b>hot water*</b>	2 tbs	¼ cup
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
cornflour	1 medium sachet	1 large sachet
satay seasoning	1 sachet	2 sachets
<b>cold water*</b>	¼ cup	½ cup
<b>egg*</b>	1	2
sweet chilli sauce	1 small packet	1 medium packet
mixed salad leaves	1 small packet	1 medium packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3728kJ (891Cal)	672kJ (161Cal)
Protein (g)	42.8g	7.7g
Fat, total (g)	35.1g	6.3g
- saturated (g)	11.6g	2.1g
Carbohydrate (g)	97.9g	17.6g
- sugars (g)	15.9g	2.9g
Sodium (mg)	1421mg	256mg
Dietary Fibre (g)	23.9g	4.3g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



## 1 Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
- Cook half the **garlic** until fragrant, **1-2 minutes**. Add the **water (for the rice)** and a generous pinch of **salt** and bring to the boil.
- Rinse and drain **white rice**. Add **white rice** to pan. Stir, cover with a lid and reduce heat to low. Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and all the water is absorbed, **10 minutes**.

**TIP:** The rice will finish cooking in its own steam, so don't peek!



## 4 Cook the chicken

- Cut **chicken thigh** into 2cm chunks.
- In a medium bowl, add **cornflour**, **satay seasoning**, the **cold water**, **egg** and a pinch of **salt** and **pepper**. Whisk until smooth and combined. Add **chicken chunks**, tossing to coat.
- Heat a large frying pan over medium-high heat with enough **olive oil** to coat the base.
- When oil is hot, shake off excess batter and cook **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**. Transfer to a paper towel-lined plate.



## 2 Prep the veggies

- Meanwhile, using a vegetable peeler, peel **carrot** and **cucumber** into ribbons (stop when you reach the seeds in the centre).
- Slice **lemon** into wedges.



## 5 Toss the salad

- In a second medium bowl, combine **sweet chilli sauce**, a squeeze of **lemon juice** and a drizzle of **olive oil**.
- Add **cucumber**, **carrot** and **mixed salad leaves**, tossing to coat. Season to taste.

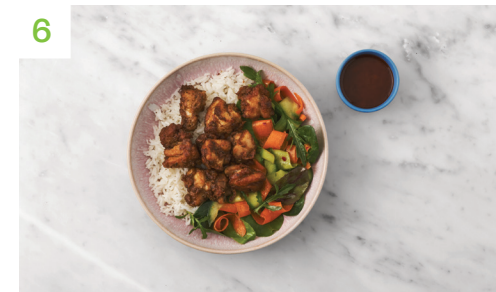


## 3 Make the nam chim sauce

- In a pestle and mortar, pound **coriander**, **long chilli** (if using) and remaining **garlic** until it resembles a fine paste.
- Add **fish sauce & rice vinegar mix**, the **white sugar**, **hot water** and a generous squeeze of **lemon juice**. Stir until well combined. Set aside.

**TIP:** Some like it hot, but if you don't, just hold back on the chilli.

**TIP:** If you don't have a pestle and mortar, you can combine ingredients in a food processor.



## 6 Serve up

- Divide garlic rice and cucumber ribbon salad between bowls.
- Top with Thai fried chicken bites.
- Serve with DIY nam chim sauce. Enjoy!

**CUSTOM OPTIONS**



### DOUBLE CHICKEN THIGH

Follow method above, cooking in batches if necessary.



### SWAP TO CHICKEN BREAST

Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

