

Kickin' Chicken Bites & DIY Nam Chim Sauce

with Garlic Rice & Cucumber Ribbon Salad

SKILL UP

CLIMATE SUPERSTAR

Grab your meal kit with this number

37



Garlic



White Rice



Carrot



Cucumber



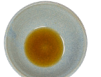
Lemon



Coriander



Long Chilli (Optional)



Plant-Based Fish Sauce



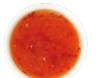
Chicken Thigh



Cornflour



Satay Seasoning



Sweet Chilli Sauce



Mixed Salad Leaves



Chicken Breast



Peeled Prawns

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
white rice	1 medium packet	1 large packet
butter*	20g	40g
water* (for the rice)	1¼ cups	2½ cups
carrot	1	2
cucumber	1	2
lemon	½	1
coriander	1 packet	1 packet
long chilli  (optional)	½	1
plant-based fish sauce	1 medium packet	2 medium packets
white sugar*	1 tsp	2 tsp
hot water*	2 tbs	¼ cup
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
cornflour	1 large sachet	2 large sachets
satay seasoning	1 sachet	2 sachets
cold water*	¼ cup	½ cup
egg*	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)	3732kJ (892cal)	349kJ (83cal)
Protein (g)	42.9g	4g
Fat, total (g)	35.2g	3.3g
- saturated (g)	11.7g	1.1g
Carbohydrate (g)	98g	9.2g
- sugars (g)	16g	1.5g
Sodium (mg)	1421mg	132.9mg
Dietary Fibre (g)	24g	2.2g

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://www.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

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Cook the garlic rice

- Finely chop **garlic**. Rinse and drain **white rice**.
- 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.
- Add **rice**, 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!



Fry 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**, until browned and cooked through (when no longer pink inside), **2-3 minutes** each side. Transfer to a paper towel-lined plate. Season with **salt**.

CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.



SWAP TO PEELED PRAWNS

Cook, tossing, until pink and starting to curl up, 3-4 minutes.



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.



Toss the salad

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



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. Transfer paste to a bowl.
- To bowl, add **plant-based fish sauce**, 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, hold back on the chilli.

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



Serve up

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

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

