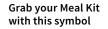


Quick Coconut Lemongrass Chicken with Makrut Lime Rice















Capsicum



Asian Greens



Chicken Thigh



Ginger Lemongrass



Paste



Chicken Stock



Long Red Chilli (Optional)

Hands-on: 20-30 mins Ready in: 25-35 mins

Eat me early



Spicy (optional long red chilli)



Thai cuisine comes together in a flash tonight. The secret? We've doubled up on superstar ingredients, with fragrant makrut lime leaves in the rice so it smells and tastes like a tropical holiday, plus ginger and lemongrass paste to the chicken for a delicious touch.

Pantry items

Olive Oil, Soy Sauce (or Gluten-Free Soy Sauce)

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid \cdot Large frying pan with a lid

Ingredients

nigi danarida			
	2 People	4 People	
olive oil*	refer to method	refer to method	
water*	1¼ cups	2½ cups	
jasmine rice	1 packet	2 packets	
makrut lime leaves	2 leaves	4 leaves	
garlic	1 clove	2 cloves	
capsicum	1	2	
Asian greens	1 bunch	2 bunches	
chicken thigh	1 small packet	1 large packet	
ginger lemongrass paste	1 packet	2 packets	
coconut milk	1 tin (165ml)	2 tins (330ml)	
chicken stock	½ cube	1 cube	
soy sauce*			
(or gluten-free soy sauce)	1 tbs	2 tbs	
long red chilli (optional)	1/2	1	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2991kJ (714Cal)	500kJ (119Cal)
Protein (g)	43.4g	7.3g
Fat, total (g)	27.1g	4.5g
- saturated (g)	13.1g	2.2g
Carbohydrate (g)	70.5g	11.8g
- sugars (g)	8.7g	1.5g
Sodium (mg)	797mg	133mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the jasmine rice

In a medium saucepan, bring the **water** to the boil. Scrunch the **makrut lime leaves** and add to the pan with the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered for another **10 minutes**, or until the rice is tender and the water has absorbed.

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



Get prepped

While the rice is cooking, finely chop the **garlic**. Thinly slice the **capsicum**. Roughly chop the **Asian greens**. Cut the **chicken thigh** into 2cm pieces.



Brown the chicken

In a large frying pan heat a drizzle of **olive oil** over a medium-high heat. Season the **chicken thigh** with **salt** and **pepper** and add to the pan. Cook, tossing, for **3-4 minutes** or until the chicken is browned.



Add the aromatics

Add the garlic and ginger lemongrass paste to the chicken and stir to coat. Cook until fragrant, 1 minute. Add the coconut milk, capsicum, chicken stock (1/2 cube for 2 people / 1 cube for 4 people) and soy sauce. Reduce the heat to medium-low and simmer for 4-5 minutes, or until slightly reduced.

TIP: Taste and add a pinch of brown sugar to balance the flavours if you like!



Finish the curry

Stir through **Asian greens** and cook for a further **2 minutes**, or until just tender. Thinly slice the **long red chilli** (if using).



Serve up

Remove the lime leaves from the jasmine rice. Divide the rice and coconut lemongrass chicken between bowls. Garnish with long red chilli.

Enjoy!