

Quick Coconut Lemongrass Chicken

with Makrut Lime Rice

Grab your Meal Kit with this symbol



Jasmine Rice



Makrut Lime Leaves



Garlic



Capsicum



Asian Greens



Chicken Thigh



Ginger Lemongrass Paste



Coconut Milk





Chicken Stock



Long Red Chilli (Optional)

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

 Spicy (optional long red chilli)

 Eat me early

 Naturally gluten-free
Not suitable for Coeliacs

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 • Large frying pan with a lid

Ingredients

	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)	½	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!