



# FRAGRANT CHICKEN & SILVERBEET

with Creamy Garlic & Thyme Sauce



Use thyme and garlic to add flavour to a creamy sauce



Thyme



Garlic



Free-Range Chicken Thigh



Sweet Mustard Spice Blend



Chicken Stock



Cooking Cream



Basmati Rice



Silverbeet

*Pantry Staples*



Olive Oil



White Wine Vinegar



Water

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

Eat Me Early

It's not hard to turn your weeknight staple of chicken and rice into a rich restaurant-quality dish. Simply spoon over this creamy garlic-thyme sauce and you've got a meal that's decadent and delicious.



# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **garlic crusher, chef's knife, chopping board, sieve, medium saucepan with a lid, large frying pan, wooden spoon, kettle** and a **large bowl**.



## 1 GET PREPPED

Peel and crush the **garlic**. Pick the **thyme** leaves until you have **1 tbs for 2 people/2 tbs for 4 people**. Destem and roughly chop the **silverbeet** leaves.



## 2 COOK THE RICE

Rinse the **basmati rice** well. Bring the rice and the **water (for the rice)** to the boil in a medium saucepan over a high heat. Reduce the heat to medium and simmer, uncovered, for **8-10 minutes**, or until the rice is soft. Drain and return to the saucepan. Cover with a lid to keep warm.



## 3 COOK THE CHICKEN

While the rice is cooking, season the **free-range chicken thigh** with a **pinch of salt and pepper**. Heat a **drizzle of olive oil** in a large frying pan over a medium-high heat and add the chicken. Cook for **3-4 minutes** on each side, or until golden and almost cooked through (the chicken will continue cooking in step 4). Set aside.



## 4 MAKE GARLIC-THYME SAUCE

Return the pan to the heat and add a **drizzle of olive oil**. Add the **garlic, thyme** and **sweet mustard spice blend** and cook for **1 minute**, or until fragrant. Reduce the heat to low, add the **white wine vinegar** and cook for **1 minute**, or until the liquid has evaporated. Crumble in the **chicken stock** cube and add the **water (for the sauce)** and **cooking cream cream (use suggested amount)**. Return the chicken to the pan and simmer for **5-6 minutes**, or until the sauce has thickened and the chicken is cooked through. Season with a **pinch of salt and pepper**.



## 5 BLANCH THE SILVERBEET

While the sauce is cooking, bring a full kettle of water to the boil. In a large bowl, add the **silverbeet** and cover with boiling water. Set aside to blanch for **2 minutes**, then drain and refresh under cold water. Squeeze out any excess water and then add the silverbeet to the pan with the garlic-thyme sauce. Stir and remove from the heat. **TIP: Blanching the silverbeet first stops it from releasing its water into the sauce and diluting the flavour.**



## 6 SERVE UP

Divide the basmati rice between bowls and top with the chicken and silverbeet. Spoon over the remaining garlic-thyme sauce

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
thyme	1 bunch	1 bunch
silverbeet	1 bunch	2 bunches
basmati rice	1 packet (¾ cup)	2 packets (1 ½ cups)
water* (for the rice)	3 cups	6 cups
free-range chicken thigh	1 packet	1 packet
sweet mustard spice blend	1 sachet (2 tsp)	2 sachets (4 tsp)
white wine vinegar*	3 tsp	1 ½ tbs
chicken stock	½ cube	1 cube
water* (for the sauce)	½ cup	1 cup
cooking cream	½ tub (150 ml)	1 tub (300 ml)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3200kJ (764Cal)	372kJ (89Cal)
Protein (g)	42.9g	5.0g
Fat, total (g)	34.4g	4.0g
- saturated (g)	13.9g	1.6g
Carbohydrate (g)	68.1g	7.9g
- sugars (g)	5.2g	0.6g
Sodium (g)	493mg	57mg

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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