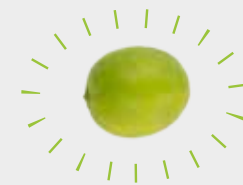




# LIME & COCONUT CHICKEN

with Jasmine Rice



Blitz up your own lime & chilli marinade



Jasmine Rice



Lime



Snow Peas



Green Chilli



Garlic



Coriander



Coconut Cream



Free Range Chicken Thighs

## Pantry Staples



Fish Sauce



Water



Olive Oil

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

Eat Me Early

Keep things light tonight with a really fresh, zingy way to serve up your chicken. With a little chilli, some lime and coconut cream, you'll be loving every morsel of this simple supper.

# BEFORE YOU START

You will need: **kettle, sieve, chef's knife, chopping board, zester, garlic crusher, small food processor, medium bowl, medium saucepan, medium frying pan, tongs, plate, aluminium foil** and **heatproof bowl**. Let's start cooking the **Lime & Coconut Chicken with Jasmine Rice**



## 1 GET PREPPED

Bring a kettle of water to the boil. Rinse the **Jasmine rice** well. Zest and juice the **lime**. Deseed and roughly chop the **green chilli** (keep the seeds in if you like heat!). Peel and crush the **garlic**. Pick the **coriander** leaves. Trim the **snowpeas**.



## 2 MAKE LIME & CHILLI MARINADE

**To make the marinade, process the lime zest and juice, green chilli, garlic, coriander, fish sauce and 1/2 of the coconut cream in a small food processor until it forms a thick paste. Transfer to a medium bowl, add the chicken thigh and toss to coat. Set aside.**

**TIP:** If you don't have a food processor chop ingredients finely and combine in a medium bowl.



## 3 COOK THE RICE

Place the **Jasmine rice** and the **water** (for rice) in a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **10-12 minutes**, or until the rice is soft. Drain.



## 4 COOK THE CHICKEN

Meanwhile, heat the **olive oil** in a medium frying pan over a medium-high heat. Pick up the **chicken thigh** with tongs, letting any excess marinade drip back into the bowl. Add the chicken to the pan and cook for **3-4 minutes** on each side, or until cooked through. Transfer the chicken to a plate and cover with foil. Add any excess marinade and the **remaining coconut cream** to the frying pan. Bring to the boil and then remove from the heat.



## 5 COOK THE SNOW PEAS

Place the **snow peas** in a heatproof bowl and cover with the boiling water from the kettle. Set aside for **2 minutes**, or until bright green and tender. Drain.



## 6 SERVE UP

Divide the **Jasmine rice** between bowls, top with snowpeas and chicken. Spoon over the lime, chilli and coconut sauce.

**Enjoy!**

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
Jasmine rice	1 packet (¾ cup)	2 packets (1 ½ cups)
lime	1	2
green chilli	1	2
garlic	1 clove	2 cloves
coriander	½ bunch	1 bunch
snow peas	1 packet	2 packets
fish sauce*	1 tsp	2 tsp
coconut cream	1 tin (140ml)	2 tins (280ml)
free range chicken thighs	1 packet	2 packets
water (for rice)*	3 cups	6 cups
olive oil*	1 tsp	2 tsp

\*Pantry Items | **Ingredient features in another recipe**

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3160kJ (756Cal)	409kJ (98Cal)
Protein (g)	42.5g	5.5g
Fat, total (g)	35.8g	4.6g
- saturated (g)	22.7g	2.9g
Carbohydrate (g)	64.7g	8.4g
- sugars (g)	4.2g	0.5g
Sodium (g)	340mg	44mg

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