

# Easy Thai Coconut Chicken

with Veggies & Jasmine Rice

Grab your Meal Kit with this symbol



Jasmine Rice



Carrot



Green Beans



Capsicum



Garlic



Chicken Thigh/  
Chicken Breast



Oyster Sauce



Ginger Paste




Coconut Milk




Long Red Chilli  
(Optional)



Crispy Shallots

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

 Eat Me Early

 Spicy (optional long red chilli)

When you combine tender chicken and colourful veggies with a ginger-garlic coconut sauce, the result is a fragrant Thai-style creation that's sure to keep everyone satisfied.

### Pantry items

Olive Oil, Sugar

## 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 lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
green beans	1 bag (100g)	1 bag (200g)
capsicum	1	2
garlic	2 cloves	4 cloves
chicken thigh / chicken breast	1 small packet	1 large packet
oyster sauce	1 packet (50g)	1 packet (100g)
ginger paste	1 medium packet	1 large packet
coconut milk	1 medium tin	1 large tin
sugar*	½ tbs	1 tbs
long red chilli (optional)	½	1
crispy shallots	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3330kJ (796Cal)	517kJ (124Cal)
Protein (g)	43.8g	6.8g
Fat, total (g)	25.5g	4g
- saturated (g)	12.7g	2g
Carbohydrate (g)	87.8g	13.6g
- sugars (g)	20.8g	13.6g
Sodium (mg)	1409mg	219mg

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://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Get prepped

- In a medium saucepan, bring the **water** to the boil. Add **jasmine rice**, stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from heat.
- Keep covered until rice is tender and all the water is absorbed, **10-15 minutes**.

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

3



## Make the coconut sauce

- Return pan to a medium-high heat with a drizzle of **oil**.
- Cook **carrot**, stirring, until softened, **5 minutes**. Add **ginger paste** and **garlic** and cook until fragrant, **1 minute**. Reduce heat to medium.
- Add **coconut milk**, **oyster sauce** and **sugar** and stir to combine.
- Stir in the **green beans** and **chicken** (plus any resting juices). Bring to a simmer. Cook until veggies are tender, **3-4 minutes**. Season.

2



## Cook the chicken

- Meanwhile, thinly slice **carrot** into half-moons. Trim **green beans** and slice into thirds. Roughly chop **capsicum**. Finely grate **garlic**.
- Cut **chicken thigh / chicken breast** into 2cm pieces.
- In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook **chicken**, tossing, until browned, **3-4 minutes**. Season with **salt** and **pepper** and transfer to a plate.

**TIP:** *If your pan is getting crowded, cook in batches for the best results!*

4



## Serve up

- Thinly slice **long red chilli** (if using).
- Divide jasmine rice between bowls. Top with Thai coconut chicken. Sprinkle with chilli and **crispy shallots** to serve.

## Enjoy!