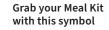
Easy Thai Coconut Chicken with Veggies & Jasmine Rice









Jasmine Rice







Green Beans







Oyster Sauce





Coconut Milk



Long Red Chilli (Optional)



Crispy Shallots

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

9			
	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)	1/2	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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!



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.



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!



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!