

Thai Seven-Spice Chicken & Asian Greens with Ginger-Coconut Rice

Grab your Meal Kit with this symbol

















Sweet Chilli

Sauce

Carrot



Thai Seven Spice Blend



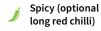
Long Red Chilli (Optional)

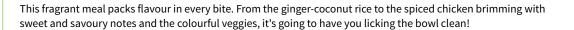


Olive Oil, Butter, Plain Flour, Soy Sauce



Hands-on: 25-35 mins Ready in: 30-40 mins





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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
ginger	1 knob	2 knobs
butter*	1 tbs	2 tbs
coconut milk	1 tin (165ml)	1 tin (400ml)
water* (for the rice)	1 cup	1¼ cups
salt* (for the rice)	1/4 tsp	½ tsp
basmati rice	1 packet	2 packets
Asian greens	1 bunch	2 bunches
carrot	1	2
chicken thigh	1 small packet	1 large packet
Thai seven spice blend	1 sachet	2 sachets
plain flour*	1 tbs	2 tbs
salt* (for the chicken)	1/4 tsp	½ tsp
water* (for the veggies)	2 tbs	1/4 cup
sweet chilli sauce	1 packet (50g)	1 packet (100g)
soy sauce*	½ tbs	1 tbs
long red chilli (optional)	1/2	1

^{*}Pantry Items

Nutrition

Per Serving	Per 100g
3475kJ (830Cal)	589kJ (140Cal)
41.9g	7.1g
32.1g	5.4g
18.1g	3.1g
85.7g	14.5g
19.5g	3.3g
1446mg	245mg
	3475kJ (830Cal) 41.9g 32.1g 18.1g 85.7g 19.5g

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 ginger-coconut rice

Finely grate the **ginger**. In a medium saucepan, melt the **butter** over a medium heat. Add the **ginger** and cook until fragrant, **1-2 minutes**. Add the **coconut milk**, **water** (**for the rice**) and **salt** (**for the rice**) and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **15 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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



Prep the veggies

While the rice is cooking, roughly chop the **Asian** greens. Thinly slice the carrot (unpeeled).



Flavour the chicken

Cut the **chicken thigh** into 2cm chunks. In a large bowl, combine **Thai seven spice blend**, **plain flour** and **salt (for the chicken)**. Add the **chicken** and toss to coat.



Cook the chicken

Heat a drizzle of **olive oil** in a large frying pan over a high heat. When the oil is hot, cook the **chicken**, tossing, until browned and cooked through, **3-4 minutes**. Transfer to a plate.



Cook the veggies

Return the frying pan to a medium-high heat. Add the **Asian greens**, **carrot** and **water (for the veggies)** and cook, tossing, until just tender, **6-7 minutes**. In the last minute of cooking time, add the **sweet chilli sauce** and **soy sauce** to the pan and toss to coat.



Serve up

Thinly slice the **long red chilli** (if using). Divide the ginger-coconut rice between bowls. Top with the Thai seven-spice chicken and veggies. Sprinkle with the chilli.

Enjoy!