



Thai Seven-Spice Chicken & Asian Greens

with Ginger-Coconut Rice

Grab your Meal Kit with this symbol



Ginger



Coconut Milk



Basmati Rice



Asian Greens



Carrot



Chicken Thigh



Thai Seven Spice Blend



Sweet Chilli Sauce



Long Red Chilli (Optional)

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

Spicy (optional long red chilli)

Eat me early

This fragrant meal packs flavour in every bite. From the ginger-coconut rice to the spiced chicken brimming with sweet and savoury notes and the colourful veggies, it's going to have you licking the bowl clean!

Pantry items

Olive Oil, Butter, Plain Flour, Soy Sauce

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) | ¼ 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) | ¼ tsp | ½ tsp |
| water* (for the veggies) | 2 tbs | ¼ cup |
| sweet chilli sauce | 1 packet (50g) | 1 packet (100g) |
| soy sauce* | ½ tbs | 1 tbs |
| long red chilli (optional) | ½ | 1 |

*Pantry Items

Nutrition

| | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3475kJ (830Cal) | 589kJ (140Cal) |
| Protein (g) | 41.9g | 7.1g |
| Fat, total (g) | 32.1g | 5.4g |
| - saturated (g) | 18.1g | 3.1g |
| Carbohydrate (g) | 85.7g | 14.5g |
| - sugars (g) | 19.5g | 3.3g |
| Sodium (mg) | 1446mg | 245mg |

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!



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.



Prep the veggies

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



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.



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.



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!