

Sweet Chilli & Lemongrass Chicken

with Coconut Rice & Pickled Onion

Grab your Meal Kit with this symbol



Coconut Milk



Basmati Rice



Onion



Carrot



Zucchini



Garlic



Chicken Thigh



Oyster Sauce



Sweet Chilli Sauce



Ginger Lemongrass Paste




Mixed Leaves

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 30-40 mins
Ready in: 35-45 mins

 Eat Me Early

This meal comes alive with the fantastic flavours of sweet chilli, lemongrass and ginger, which the juicy chicken thigh soaks up like a treat. Serve with fluffy coconut rice, plus a spoonful of pickled onion to cut the richness.

Pantry items

Olive Oil, Rice Wine Vinegar (or White Wine Vinegar), 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
coconut milk	1 medium tin	1 large tin
water*	¾ cup	1 ½ cups
basmati rice	1 medium packet	1 large packet
onion	½	1
rice wine vinegar* (or white wine vinegar)	¼ cup	½ cup
carrot	1	2
zucchini	1	2
garlic	2 cloves	4 cloves
chicken thigh	1 small packet	1 large packet
oyster sauce	1 packet (50g)	1 packet (100g)
sweet chilli sauce	1 packet (25g)	1 packet (50g)
ginger		
lemongrass paste	1 packet	2 packets
soy sauce*	½ tbs	1 tbs
mixed leaves	1 small bag	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3324kJ (794Cal)	538kJ (129Cal)
Protein (g)	41.9g	6.8g
Fat, total (g)	29.3g	4.7g
- saturated (g)	15.6g	2.5g
Carbohydrate (g)	87g	14.1g
- sugars (g)	21.7g	3.5g
Sodium (mg)	1560mg	252mg

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.



1 Make the coconut rice

In a medium saucepan, add **coconut milk**, the **water** and a generous pinch of **salt**. Bring to the boil. Add **basmati rice**. Stir, cover with a lid and reduce heat to low. Cook for **15 minutes**, then remove pan from heat. Keep covered until rice is tender and the water is absorbed, **10 minutes**.

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



2 Pickle the onion

While the rice is cooking, thinly slice **onion** (see ingredients). Combine the **rice wine vinegar** and a good pinch of **sugar** and **salt** in a small bowl. Scrunch sliced **onion** in your hands, then add to **pickling liquid**. Add just enough **water** to cover **onion**. Stir to combine, then set aside.



3 Get prepped

Meanwhile, thinly slice **carrot** and **zucchini** into half-moons. Finely chop **garlic**. Cut **chicken thigh** into 2cm chunks. In a medium bowl, combine **oyster sauce**, **sweet chilli sauce**, **ginger lemongrass paste**, the **soy sauce** and a dash of **water**.



4 Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **zucchini**, tossing, until softened, **3-4 minutes**. Add **mixed leaves** and **garlic** and cook until wilted, **1-2 minutes**. Transfer to a bowl.



5 Cook the chicken

Return frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken**, tossing, until browned and cooked through, **4-6 minutes**. Reduce heat to low, add **oyster sauce mixture** and cook, stirring, until thickened slightly, **1-2 minutes**. Return **veggies** to pan and cook, tossing to coat and heat through, **1 minute**.



6 Serve up

Drain pickled onion. Divide coconut rice between bowls. Top with sweet chilli and lemongrass chicken and veggies, spooning over any remaining sauce from the pan. Serve with pickled onion.

Enjoy!

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