



# Thai-Style Sweet Chilli Chicken

with Coconut Rice & Pickled Onion

Grab your Meal Kit with this symbol



Coconut Milk



Jasmine Rice



Ginger



Garlic



Makrut Lime Leaves



Chicken Thigh



Sweet Chilli Sauce



Red Onion



Carrot



Green Beans



Baby Spinach Leaves



Mint

Hands-on: 30-40 mins  
Ready in: 35-45 mins

Eat me early

Naturally gluten-free  
*Not suitable for Coeliacs*

This meal comes alive with the fantastic flavours of sweet chilli, makrut lime leaves and ginger, plus the richness of coconut rice. We've used chicken thigh here because it's extra-tasty and remains moist as it cooks.

### Pantry items

Olive Oil, Soy Sauce (or Gluten-Free Tamari Soy Sauce), Rice Wine Vinegar (or White Wine Vinegar)

## 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
coconut milk	1 tin (165ml)	1 tin (400ml)
water* (for the rice)	1 cup	1¼ cup
salt*	¼ tsp	½ tsp
jasmine rice	1 packet	2 packets
ginger	1 knob	2 knobs
garlic	2 cloves	4 cloves
makrut lime leaves	2 leaves	4 leaves
chicken thigh	1 small packet	1 large packet
soy sauce* (or gluten-free tamari soy sauce)	1½ tbs	3 tbs
sweet chilli sauce	1 tub (50g)	1 tub (100g)
red onion	½	1
rice wine vinegar* (or white wine vinegar)	¼ cup	½ cup
carrot	1	2
green beans	1 bag (100g)	1 bag (200g)
baby spinach leaves	1 bag (60g)	1 bag (120g)
mint	1 bunch	1 bunch

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3381kJ (808Cal)	521kJ (124Cal)
Protein (g)	43g	6.6g
Fat, total (g)	28.8g	4.4g
- saturated (g)	13.6g	2.1g
Carbohydrate (g)	88g	13.6g
- sugars (g)	26.7g	4.1g
Sodium (mg)	1186mg	183mg

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.



## Make the coconut rice

In a medium saucepan, combine the **coconut milk**, **water (for the rice)** and the **salt** and bring to the boil over a high heat. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 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 veggies

Thinly slice the **carrot** into half-moons. Trim and halve the **green beans**. Pick and thinly slice the **mint**. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **carrot** and **green beans** until softened, **4-5 minutes**. Add the **baby spinach leaves** and cook until wilted, **1-2 minutes**. Season with **salt** and **pepper**, then transfer to a bowl.



## Flavour the chicken

While the rice is cooking, finely grate the **ginger**. Finely grate the **garlic**. Remove the centre veins from the **makrut lime leaves** then very finely slice. Cut the **chicken thigh** into 2cm chunks. In a medium bowl, combine the **ginger**, **garlic**, **lime leaves**, **soy sauce** and **sweet chilli sauce**. Add the **chicken** and toss to coat. Set aside to marinate.

**TIP:** Makrut lime leaves have a fibrous texture, so you want to cut them finely!



## Cook the chicken

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, use tongs to add the **chicken** to the pan, allowing the excess **marinade** to drip back into the bowl. Cook, tossing, until browned and cooked through, **4-6 minutes**. Add any leftover **marinade** to the frying pan and heat until bubbling. Remove from the heat.



## Pickle the onion

Thinly slice the **red onion**. In a small bowl, combine the **rice wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch the **red onion** in your hands, then add to the **pickling liquid**. Add just enough water to cover the **onion**, then stir to combine. Set aside until serving.



## Serve up

Pick and thinly slice the **mint**. Drain the pickled onion. Divide the coconut rice between bowls and top with the sweet chilli chicken and veggies. Spoon over any sauce from the pan and garnish with the pickled onion and mint.

Enjoy!