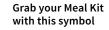
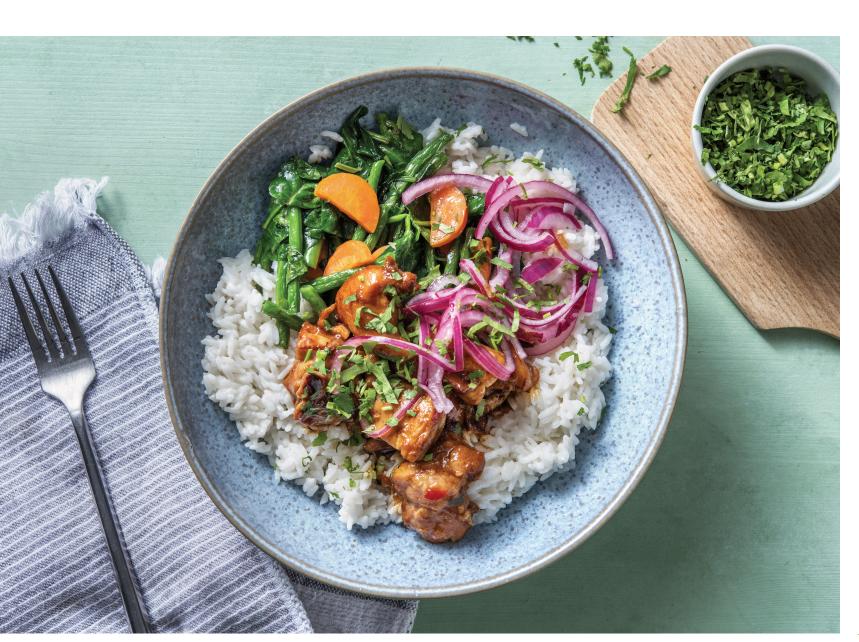


Thai-Style Sweet Chilli Chicken with Coconut Rice & Pickled Onion



















Makrut Lime



Chicken Thigh

Leaves



Sweet Chilli



Sauce



Carrot



Green Beans



Baby Spinach Leaves



Hands-on: 30-40 mins





Pantry items

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

ingi calcino			
	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*	1/4 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	1/2	1	
rice wine vinegar* (or white wine vinegar)	1/4 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 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!



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!



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.



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.



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.



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.

Enjou!