



Caramelised Chicken & Coconut Rice

with Tomato-Cucumber Salsa

Grab your Meal Kit with this symbol



Coconut Milk



Basmati Rice



Ginger



Chicken Thigh



Mint



Tomato



Cucumber



Baby Spinach Leaves



Roasted Peanuts

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

Eat me early

Ginger, honey and soy sauce combine into a sticky and sensational caramelised sauce on these moreish chicken thighs. Served with coconut rice and a zesty salsa, this meal comes together quickly for a tasty payoff!

Pantry items

Olive Oil, Honey, Soy Sauce, 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 a 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*	¾ cup	1½ cups
salt*	¼ tsp	½ tsp
basmati rice	1 packet	2 packets
ginger	1 knob	2 knobs
chicken thigh	1 small packet	1 large packet
honey*	1½ tbs	¾ cup
soy sauce*	1½ tbs	¾ cup
mint	1 bunch	1 bunch
tomato	1	2
cucumber	1	2
baby spinach leaves	1 bag (30g)	1 bag (60g)
white wine vinegar*	½ tsp	1 tsp
roasted peanuts	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3334kJ (796Cal)	621kJ (148Cal)
Protein (g)	44.4g	8.3g
Fat, total (g)	30.8g	5.7g
- saturated (g)	13.8g	2.6g
Carbohydrate (g)	78.1g	14.5g
- sugars (g)	16.8g	3.1g
Sodium (mg)	1058mg	197mg

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 coconut rice

In a medium saucepan, combine the **coconut milk**, **water** and the **salt** 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, pick up the **chicken thigh** pieces with tongs and allow the excess marinade to drip back into the bowl. Cook the **chicken**, tossing occasionally, until nicely browned and cooked through, **3-4 minutes**. Add any remaining **marinade** to the pan and heat until bubbling, **30 seconds**. Remove from the heat and stir through 1/2 the **mint**.



Flavour the chicken

While the rice is cooking, finely grate the **ginger**. Cut the **chicken thigh** into 2cm chunks. In a medium bowl, combine the **ginger**, **honey**, **soy sauce** and the **chicken**. Toss to coat and set aside.



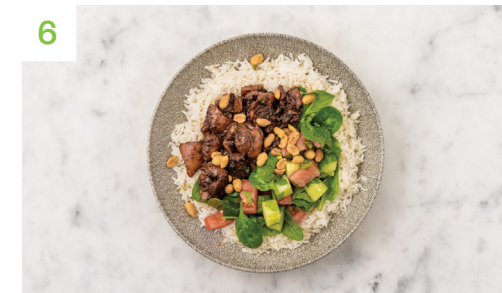
Make the salsa

In a medium bowl, combine the **tomato**, **cucumber**, **baby spinach leaves** and the remaining **mint**. Add a drizzle of **olive oil**, **white wine vinegar** and season with **salt** and **pepper**. Toss to combine.



Get prepped

Pick and roughly chop the **mint** leaves. Roughly chop the **tomato** and **cucumber**.



Serve up

Divide the coconut rice between bowls and top with the caramelised chicken, tomato-cucumber salsa and **roasted peanuts**.

Enjoy!