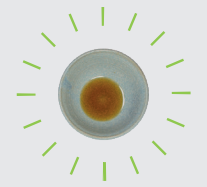




THAI CHICKEN AND SWEET-SOY STIR-FRY

with Brown Rice & Green Beans



Make an Asian sauce



Brown Rice



Free-Range Chicken Thighs



Carrot



Garlic



Long Red Chilli (Optional)



Green Beans



Lemon

Pantry Staples: Olive Oil, Water, Soy Sauce, Brown Sugar, Fish Sauce

Hands-on: **35 mins**
Ready in: **45 mins**

Eat me early

Spicy (optional long red chilli)

This chicken is finger lickin' good fun and an absolute weeknight winner. It takes no time at all to whip up and the crafty combination of brown sugar, soy sauce and chilli (optional) will transform your tender chicken into sticky morsels bursting with flavour (watch those seeds if heat isn't for you). Licking the plate clean is heartily encouraged!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **sieve**, **medium saucepan** with a **lid**, **chef's knife**, **chopping board**, **vegetable peeler**, **garlic crusher**, **large frying pan** with a **lid**, **aluminium foil** and a **wooden spoon**.



1 COOK THE BROWN RICE

Rinse the **brown rice** well. Bring the rice and the **water** (**check ingredients list for the amount**) to the boil in a medium saucepan over a high heat. Reduce the heat to medium and simmer, covered, for **25-30 minutes**, or until the rice is soft. Drain and return to the saucepan. Cover with a lid to keep warm.



2 GET PREPPED

While the rice is cooking, cut the **free-range chicken thigh** into 3 cm chunks. Peel and slice the **carrot** into matchsticks. Peel and crush the **garlic**. Deseed and finely chop the **long red chilli** (if using). **TIP:** Remove the seeds and white pith when deseeding the chilli. The pith is actually the hottest part! If you like heat, leave it in for an extra kick. Trim the **green beans** and slice into thirds. Slice the **lemon** into wedges.



3 BROWN THE CHICKEN

Heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Add the **chicken** chunks and cook, turning, for **2-3 minutes**, or until browned.



4 BOOST THE FLAVOUR

Add the **carrot** to the pan with the chicken and cook, stirring, for **5 minutes**, or until softened slightly. Add the **garlic** and the **long red chilli** (if using) and cook for **1 minute**, or until fragrant. **TIP:** Some like it hot but if you don't, just hold back on the chilli. Add the **soy sauce** and stir to combine. Season with a **pinch of pepper**, cover with a lid (or foil) and reduce the heat to low. Simmer for **5 minutes**, stirring occasionally.



5 ADD THE SAUCE

Remove the lid from the pan, add the **brown sugar** and **green beans** and stir to combine. Increase the heat to medium-high and cook, uncovered, for **3-4 minutes**, or until the beans are tender and the sauce reduces. Stir through the **fish sauce** and remove from the heat. **TIP:** Removing the lid from the pan allows some of the liquid to evaporate which makes for a more concentrated, thick, flavourful and delicious sauce.



6 SERVE UP

Divide the brown rice between plates and top with the Thai chicken and sweet-soy stir-fry. Serve the lemon wedges on the side.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
brown rice	2 packets (1 1/2 cups)
water*	6 cups
free-range chicken thighs	1 packet
carrot	2
garlic	2 cloves
long red chilli (optional)	1
green beans	1 bag
lemon	1
soy sauce*	1/4 cup
brown sugar*	1/2 cup
fish sauce*	2 tsp

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2520kJ (601Cal)	308kJ (74Cal)
Protein (g)	42.0g	5.2g
Fat, total (g)	14.9g	1.8g
- saturated (g)	3.9g	0.5g
Carbohydrate (g)	70.4g	8.6g
- sugars (g)	14.3g	1.8g
Sodium (g)	1550mg	189mg

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