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Lime, Chilli & Coconut Chicken

In a cacophony of green this zesty chicken comes alive. Fragrant Jasmine rice and crispy emerald snow peas lay the stage for a lively Thai style marinade of rich coconut cream, green chilli, lime and coriander. Don't be afraid to scrape every skerrick of this green potion onto your plate - it's worth it!



Prep: 10 mins

Cook: 25 mins

Total: 35 mins



level 1



gluten free



eat me early

Pantry Items



Fish Sauce



Water



Olive Oil



Green Chilli



Garlic



Lime



Coriander



Coconut Cream



Chicken Breast



Jasmine Rice



Snow Peas

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2P	4P	Ingredients
1	2	green chilli, coarsely chopped
1 clove	2 cloves	garlic, peeled & crushed
½	1	lime, zested & juiced
1 bunch	2 bunches	coriander
1 tsp	2 tsp	fish sauce *
1 tin	2 tins	coconut cream
2 fillets	4 fillets	chicken breast, halved horizontally
¾ cup	1 ½ cups	Jasmine rice, rinsed well
3 cups	6 cups	water *
1 tsp	2 tsp	olive oil *
100 g	200 g	snow peas, trimmed

⊕ Ingredient features in another recipe

* Pantry Items

🍃 Pre-preparation

Nutrition per serve

Energy	3720	Kj
Protein	45.6	g
Fat, total	45.5	g
-saturated	27.1	g
Carbohydrate	64.9	g
-sugars	4.6	g
Sodium	296	mg



You will need: chef's knife, chopping board, garlic crusher, zester, sieve, kettle full of water, small food processor, medium bowl, medium saucepan, medium frying pan, tongs, plate, aluminium foil, and a heatproof bowl.

1 Bring a kettle of water to the boil.

2 In a small food processor, process the **green chilli**, **garlic**, **lime zest** and **juice**, **coriander**, **fish sauce** and half of the **coconut cream**, until it forms a thick paste. Transfer to a medium bowl and add the **chicken breast** to coat well.

Tip: If you don't have a food processor, chop the ingredients finely and combine well.

3 Place the **Jasmine rice** and the **water** in a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **10-12 minutes** or until the Jasmine rice is soft. Drain.

4 Meanwhile, heat the **olive oil** in a medium frying pan over a medium-high heat. Pick up the chicken breast with tongs, letting any excess marinade drip back into the bowl. Add the chicken breast to the pan and cook for **3-4 minutes** on each side or until cooked through. Transfer the chicken to a plate and cover with foil.

5 Place the same frying pan over a medium heat and add any excess marinade and the remaining coconut cream. Bring to the boil and then remove from the heat.

6 Place the **snow peas** in a heatproof bowl and cover with the boiling water from the kettle. Set aside for **2 minutes**. Drain.

7 To serve, divide the Jasmine rice and snow peas between plates. Add the chicken and drizzle with the coconut sauce.

Did you know? Humans have been including chillies in their diet since 7500 BC.

