



Mild Lime & Coconut Chicken

with Coriander & Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Green Beans



Capsicum



Ginger



Lemon



Chicken Thigh



Coconut Cream



Fish Sauce & Rice Vinegar Mix



Coriander

Hands-on: **20-30 mins**
Ready in: **30-40 mins**

Eat me early

If you love all the flavours of a laksa, then you'll love this delicious dish! Instead of a spicy soup, we've got a mild coconut-based sauce to coat succulent chicken thighs. Combined with fluffy garlic rice, this is a true taste of Southeast Asia!

Pantry items

Olive Oil, Butter, Brown Sugar, Soy Sauce

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
garlic	2 cloves	4 cloves
butter*	20g	40g
jasmine rice	1 packet	2 packets
water*	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
carrot	1	2
green beans	1 bag (100g)	1 bag (200g)
capsicum	1	2
ginger	1 knob	2 knobs
lemon	½	1
chicken thigh	1 small packet	1 large packet
coconut cream	½ tin (200ml)	1 tin (400ml)
brown sugar*	1 tsp	2 tsp
soy sauce*	1 tbs	2 tbs
fish sauce & rice vinegar mix	½ tub (10g)	1 tub (20g)
coriander	1 bag	1 bag

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3935kJ (940Cal)	569kJ (135Cal)
Protein (g)	44.6g	6.4g
Fat, total (g)	48.3g	7g
- saturated (g)	32.6g	4.7g
Carbohydrate (g)	77.3g	11.2g
- sugars (g)	14.1g	2g
Sodium (mg)	1168mg	169mg

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.



1. Cook the garlic rice

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **jasmine rice**, **water** and the **salt**, stir, and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



4. Cook the sauce

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **carrot**, **green beans** and **capsicum** and cook until softened, **5-6 minutes**. Add the **ginger** and cook until fragrant, **1 minute**. Reduce the heat to medium and add the **coconut cream** (see ingredients list), **lemon zest**, **brown sugar**, **soy sauce** and **fish sauce & rice wine vinegar mix** (see ingredients list) and stir to combine. Add the **chicken** (plus any resting juices) and stir to combine. Bring to a simmer and cook until well combined, **2 minutes**. Season to taste with **salt** and **pepper**.



2. Get prepped

While the rice is cooking, thinly slice the **carrot** (unpeeled) into half-moons. Trim and halve the **green beans**. Roughly chop the **capsicum**. Finely grate the **ginger**. Zest the **lemon** to get a **generous pinch**, then slice into wedges. Cut the **chicken thigh** into 2cm pieces.



5. Chop the coriander

While the coconut chicken is simmering, roughly chop the **coriander**.



3. Cook the chicken

In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. When the oil is hot, add the **chicken** in batches and cook, tossing, until browned, **3-4 minutes**. Season with a **pinch** of **salt** and **pepper** and transfer to a plate. Repeat with the **remaining chicken**. Transfer to a bowl and cover to keep warm.



6. Serve up

Divide the garlic rice between bowls. Top with the mild lime and coconut chicken and sprinkle with the coriander. Serve with the lemon wedges.

Enjoy!