



# Mild Thai Coconut Chicken

with Jasmine Rice

Grab your Meal Kit with this symbol



Jasmine Rice



Carrot



Green Beans



Capsicum



Ginger



Garlic



Chicken Thigh



Oyster Sauce



Coconut Milk



Long Red Chilli (Optional)



Crispy Shallots

Hands-on: **15-25** mins  
Ready in: **30-40** mins

Eat me early

Spicy (optional long red chilli)

When you combine tender chicken and colourful veggies with a ginger-garlic coconut sauce, the result is a mild and fragrant Thai-style creation that's sure to keep everyone satisfied.

### Pantry items

Olive Oil, Sugar

## 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
water*	1¼ cups	2½ cups
jasmine rice	1 packet	2 packets
carrot	1	2
green beans	1 bag (100g)	1 bag (200g)
capsicum	1	2
ginger	1 knob	2 knobs
garlic	2 cloves	4 cloves
chicken thigh	1 small packet	1 large packet
oyster sauce	1 sachet (50g)	1 sachet (100g)
coconut milk	1 tin (165ml)	1 tin (400ml)
sugar*	2 tsp	1 tbs
long red chilli (optional)	½	1
crispy shallots	1 packet	2 packets

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3375kJ (806Cal)	516kJ (123Cal)
Protein (g)	44.4g	6.8g
Fat, total (g)	27.7g	4.2g
- saturated (g)	14.7g	2.2g
Carbohydrate (g)	87.7g	13.4g
- sugars (g)	22.1g	3.4g
Sodium (mg)	1380mg	211mg

### Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.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 rice

In a medium saucepan, bring the **water** to the boil. 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 all the water is absorbed, **10-15 minutes**.

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



### 2. Get prepped

While the rice is cooking, thinly slice the **carrot** (unpeeled) into half-moons. Trim the **green beans** and cut into 2cm pieces. Slice the **capsicum** into strips. Finely grate the **ginger** and **garlic** (or use a garlic press). Cut the **chicken thigh** into 2cm pieces.



### 3. Cook the chicken

In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. When the oil is hot, cook the **chicken** in batches, tossing, until browned, **3-4 minutes**. Transfer to a plate.



### 4. Cook the coconut sauce

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **carrot** and cook until softened, **5 minutes**. Add the **ginger** and **garlic** and cook until fragrant, **1 minute**. Reduce the heat to medium. Add the **oyster sauce**, **coconut milk** and **sugar**, then stir to combine. Add the **green beans**, **capsicum** and the **chicken** (plus any resting juices), then stir to combine. Bring to a simmer and cook until the veggies are tender, **3-4 minutes**. Season to taste.



### 5. Prep the chilli

While the coconut chicken is simmering, thinly slice the **long red chilli** (if using).



### 6. Serve up

Divide the jasmine rice between bowls. Top with the mild Thai coconut chicken and sprinkle with chilli (if using) and **crispy shallots**.

**Enjoy!**