



PEANUT COCONUT CHICKEN & VEGGIES

with Jasmine Rice & Crispy Shallots



Make a peanut sauce



Jasmine Rice



Garlic



Broccoli



Carrot



Red Capsicum



Asian Greens



Coriander



Lime



Chicken Thigh



Coconut Milk



Peanut Butter



Crispy Shallots

Hands-on: 30 mins
Ready in: 45mins

Eat me early

Get to know our new sauce and we think you'll find a new dinner winner! With creamy coconut milk and rich peanut butter, it adds a mild and flavoursome touch to chicken and colourful veggies in this satisfying meal. Add steamed rice and a scattering of crispy shallots for the full effect, and get ready for the compliments to start rolling in!

Pantry Staples: Olive Oil, Soy Sauce, Brown Sugar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **medium saucepan** with a **lid** • **large frying pan**



1 COOK THE JASMINE 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, finely chop the **garlic** (or use a garlic press). Chop the **broccoli** into small florets and roughly chop the stalks. Thinly slice the **carrot** (unpeeled) into half-moons. Chop the **red capsicum** into 2cm chunks. Roughly chop the **Asian greens**. Roughly chop the **coriander**. Slice the **lime** in half. Cut the **chicken thigh** into 2cm chunks.



3 BROWN THE CHICKEN

Heat a **drizzle of olive oil** in a large frying pan over a high heat. Add **1/2** the **chicken thigh** to the pan and season with **salt** and **pepper**. Cook, tossing, until browned, **3-4 minutes**. Transfer to a large bowl and repeat with the remaining chicken.
 🌱 **TIP:** The chicken will continue cooking in step 5!



4 COOK THE VEGGIES

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **broccoli, carrot** and **capsicum** to the pan with a **splash of water** and cook, tossing, until softened, **6-7 minutes**. Add the **garlic** and **Asian greens** and cook until wilted slightly, **1 minute**. Transfer to the bowl with the chicken.



5 MAKE THE SAUCE

Return the frying pan to a medium-high heat. Add the **coconut milk, peanut butter, soy sauce** and **brown sugar**. Bring to the boil and stir to combine. Simmer until well combined, **2-3 minutes**. Return the **chicken** and **veggies** to the pan and stir to combine. Simmer until the chicken is cooked through and the veggies are tender, **2-3 minutes**. Add a **squeeze of lime juice** and stir to combine. Slice any remaining lime into wedges.

🌱 **TIP:** Taste and add more lime juice if you like!



6 SERVE UP

Divide the jasmine rice between bowls and top with the peanut coconut chicken and veggies. Garnish the adult portions with coriander and **crispy shallots**. Serve with any remaining lime wedges.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
water*	2½ cups
jasmine rice	2 packets
garlic	2 cloves
broccoli	1 head
carrot	2
red capsicum	1
Asian greens	1 bunch
coriander	1 bag
lime	1
chicken thigh	1 packet
coconut milk	1 tin (400 ml)
peanut butter	1 tub (100 g)
soy sauce*	2 tbs
brown sugar*	2 tsp
crispy shallots	1 packet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3680kJ (880Cal)	669kJ (160Cal)
Protein (g)	42.1g	7.7g
Fat, total (g)	41.8g	7.6g
- saturated (g)	18.4g	3.3g
Carbohydrate (g)	76.2g	13.8g
- sugars (g)	11.5g	2.1g
Sodium (g)	798mg	145mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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