

Quick Thai Coconut Chicken

with Veggies & Jasmine Rice

Grab your Meal Kit with this symbol



Jasmine Rice



Carrot



Green Beans



Shredded Cabbage Mix



Garlic



Chicken Thigh



Ginger Lemongrass Paste



Coconut Milk



Oyster Sauce



Long Red Chilli (Optional)



Crispy Shallots



Recipe Update

The recent wet weather conditions across the East Coast have impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!



Hands-on: **20-30 mins**
Ready in: **25-35 mins**



1 Eat Me Early



Spicy (optional long red chilli)

When you combine succulent chicken and colourful veggies with a ginger, garlic and lemongrass-laced coconut sauce, the result is a fragrant Thai-style creation that you'll want to make on repeat.

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*	1 ¼ cups	2 ½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
green beans	1 small bag	1 medium bag
shredded cabbage mix	1 medium bag	1 large bag
garlic	2 cloves	4 cloves
chicken thigh	1 small packet	1 large packet
ginger	1 packet	2 packets
lemongrass paste	1 packet	2 packets
coconut milk	1 medium tin	1 large tin
oyster sauce	1 packet (50g)	1 packet (100g)
sugar*	2 tsp	1 tbs
long red chilli (optional)	½	1
crispy shallots	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
	3509kJ (838Cal)	556kJ (132Cal)
Protein (g)	40.5g	6.4g
Fat, total (g)	35.4g	5.6g
- saturated (g)	18.1g	2.9g
Carbohydrate (g)	93.8g	14.9g
- sugars (g)	20.2g	3.2g
Sodium (mg)	1456mg	231mg

The quantities provided above are averages only.

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Cook the rice

- In a medium saucepan, bring the **water** to the boil.
- Add **jasmine rice**. Stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove pan from heat.
- Keep covered until 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!



Cook the chicken & veggies

- In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook **chicken**, tossing, until browned, **5-6 minutes** (cook in batches if pan is getting crowded). Season with **salt** and **pepper**, then transfer to a plate.
- Return frying pan to a medium-high heat with a drizzle of **olive oil**. Cook **carrot**, tossing, until softened, **4-5 minutes**. Add **ginger lemongrass paste** and **garlic** and cook until fragrant, **1 minute**.
- Reduce heat to medium, then stir through **coconut milk**, **oyster sauce** and **sugar**. Add **green beans**, **shredded cabbage mix** and **chicken** (plus any resting juices). Stir to combine, then bring to a simmer. Cook until veggies are tender, **3-4 minutes**. Season to taste.

TIP: Chicken is cooked through when it's no longer pink inside.



Get prepped

- While rice is cooking, thinly slice **carrot** into half-moons. Trim **green beans**, then slice into thirds. Finely grate **garlic**.
- Cut **chicken thigh** into 2cm chunks.



Serve up

- Thinly slice **long red chilli** (if using).
- Divide jasmine rice between bowls. Top with Thai coconut chicken and veggies.
- Sprinkle with chilli and **crispy shallots** to serve.

Enjoy!

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