



# Thai Seven-Spice Chicken & Broccoli

with Ginger-Coconut Rice

Grab your Meal Kit with this symbol



Ginger



Coconut Milk



Basmati Rice



Broccoli



Carrot



Long Red Chilli (Optional)



Chicken Thigh



Thai Seven Spice Blend



Sweet Chilli Sauce

Hands-on: **25-35** mins  
Ready in: **30-40** mins

Spicy (optional long red chilli)

Eat me early

This fragrant meal packs flavour in every bite. From the ginger-coconut rice to the spiced chicken brimming with sweet and savoury notes and the colourful veggies, this is so much better than takeaway.

## Pantry items

Olive Oil, Butter, Plain Flour, 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 too.

### You will need

Medium saucepan with a lid · Large frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
ginger	1 knob	2 knobs
butter*	20g	40g
coconut milk	1 tin (165ml)	1 tin (400ml)
water* (for the rice)	1 cup	1¼ cups
salt* (for the rice)	¼ tsp	½ tsp
basmati rice	1 packet	2 packets
broccoli	1 head	2 heads
carrot	1	2
long red chilli (optional)	1	2
chicken thigh	1 small packet	1 large packet
Thai seven spice blend	1 sachet	2 sachets
plain flour*	1 tbs	2 tbs
salt* (for the chicken)	¼ tsp	½ tsp
water* (for the veggies)	2 tbs	½ cup
sweet chilli sauce	1 tub (50g)	1 tub (100g)
soy sauce*	2 tsp	1 tbs

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3668kJ (876Cal)	550kJ (131Cal)
Protein (g)	49g	7.3g
Fat, total (g)	32.3g	4.8g
- saturated (g)	18.2g	2.7g
Carbohydrate (g)	86.3g	12.9g
- sugars (g)	18.5g	2.8g
Sodium (g)	1472mg	221mg

### 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 ginger-coconut rice

Finely grate the **ginger**. In a medium saucepan, melt the **butter** over a medium heat. Add the **ginger** and cook until fragrant, **1-2 minutes**. Add the **coconut milk, water (for the rice)** and **salt (for the rice)**, then bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **15 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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



## 4. 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** and cook, tossing, until browned and cooked through, **3-4 minutes**. Transfer to a plate.



## 2. Prep the veggies

While the rice is cooking, cut the **broccoli** into small florets and roughly chop the stalk. Thinly slice the **carrot** (unpeeled). Thinly slice the **long red chilli** (if using).



## 5. Cook the veggies

Return the frying pan to a medium-high heat. Add the **broccoli, carrot** and **water (for the veggies)** and cook, tossing, until just tender, **6-7 minutes**. In the last minute of cook time, add the **sweet chilli sauce** and **soy sauce** and toss to coat.



## 3. Flavour the chicken

Cut the **chicken thigh** into 2cm chunks. In a large bowl, combine the **Thai seven spice blend, plain flour** and **salt (for the chicken)**. Add the **chicken** and toss to coat.



## 6. Serve up

Divide the ginger-coconut rice between bowls. Top with the seven-spice chicken and veggies. Garnish with the chilli (if using).

**Enjoy!**