



# Sweet Chilli Glazed Chicken Thighs

with Garlic-Ginger Rice & Stir-Fried Veggies

Grab your Meal Kit with this symbol



Ginger



Garlic



Basmati Rice



Chicken Thigh



Sweet Chilli Sauce



Carrot



Capsicum



Asian Greens



Lemon



Crushed Peanuts

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

Eat me early

Every bite of this tasty meal is infused with flavour, from the steamed rice with garlic and ginger to the zesty stir-fried veggies and baked chicken with a sweet chilli glaze. Dive into a bowl of delicious delights!

### Pantry items

Olive Oil, Butter, Plain Flour

## 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 · Oven tray lined with baking paper

### Ingredients

	4 People
olive oil*	refer to method
ginger	2 knobs
garlic	4 cloves
butter*	40g
basmati rice	2 packets
water*	3 cups
salt*	1 tsp
plain flour*	2 tbs
chicken thigh	1 packet
sweet chilli sauce	1 tub (100g)
carrot	2
capsicum	1
Asian greens	2 bunches
lemon	1
crushed peanuts	1 packet

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2920kJ (699Cal)	625kJ (149Cal)
Protein (g)	41.4g	8.9g
Fat, total (g)	21.6g	4.6g
- saturated (g)	8.7g	1.9g
Carbohydrate (g)	81.2g	17.4g
- sugars (g)	16.6g	3.6g
Sodium (g)	920mg	196mg

### Allergens

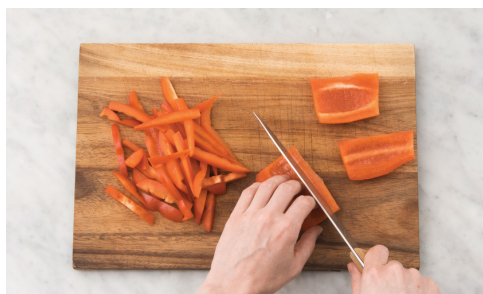
Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



### 1. Cook the garlic-ginger rice

Preheat the oven to **240°C/220°C fan-forced**. Finely grate the **ginger** and **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 **ginger** and **1/2 the garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and **1/2 tsp salt**, stir, and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove 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. Prep the veggies

While the chicken is baking, thinly slice the **carrot** (unpeeled) into half-moons. Thinly slice the **capsicum** into strips. Roughly chop the **Asian greens**. Cut the **lemon** in half.



### 2. Sear the chicken

While the rice is cooking, combine the **plain flour**, **remaining 1/2 tsp salt**, a **pinch of pepper** and the **chicken thigh** in a medium bowl. Toss to coat. In a large frying pan, heat a **generous drizzle of olive oil** over a high heat. When the oil is hot, add the **chicken** and cook until golden, **2 minutes** each side. Transfer to an oven tray lined with baking paper.

**TIP:** If your pan is getting crowded, cook in batches for best results. Add more oil if needed to prevent sticking.



### 5. Stir-fry the veggies

Wipe out the frying pan and return to a high heat with a **drizzle of olive oil**. Add the **carrot** and **capsicum** and cook, tossing occasionally, until softened, **4-5 minutes**. Reduce the heat to medium, add the **Asian greens** and **remaining garlic** and cook until fragrant and wilted, **2 minutes**. Season with a **pinch of salt** and **pepper** and stir through a **generous squeeze of lemon juice**.



### 3. Bake the chicken

Spread the **sweet chilli sauce** over the **chicken thighs** using the back of a spoon and bake until cooked through, **8-12 minutes** (depending on the size of the fillet).

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



### 6. Serve up

Thickly slice the chicken. Divide the garlic-ginger rice, stir-fried veggies and sweet chilli chicken between plates. Spoon over any juices from the baking tray and sprinkle with the **crushed peanuts**.

**Enjoy!**