



Thai-Style Sweet Chilli Chicken

with Veggies & Coconut Rice

Grab your Meal Kit with this symbol



Coconut Milk



Basmati Rice



Carrot



Sweetcorn



Garlic



Oyster Sauce



Sweet Chilli Sauce



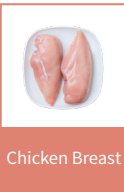
Baby Spinach Leaves



Chicken Thigh



Ginger Lemongrass Paste



Chicken Breast

Recipe Update

Unfortunately, this week's baby corn spears were in short supply, so we've replaced them with sweetcorn. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 30-40 mins
Ready in: 35-45 mins

Eat Me Early

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

This meal comes alive with the fantastic flavours of sweet chilli, makrut lime leaves and ginger, plus the richness of coconut rice. We've used chicken thigh here because it's extra-tasty and remains moist as it cooks.

Pantry items

Olive Oil, 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.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
coconut milk	1 medium tin	2 medium tins
water*	¾ cup	1½ cups
basmati rice	1 medium packet	1 large packet
carrot	1	2
sweetcorn	½ large tin	1 large tin
garlic	2 cloves	4 cloves
chicken thigh	1 small packet	1 large packet
	1 packet	1 packet
oyster sauce	(50g)	(100g)
sweet chilli sauce	1 small packet	1 medium packet
ginger		
lemongrass paste	1 packet	2 packets
soy sauce*	½ tbs	1 tbs
baby spinach leaves	1 small bag	1 medium bag
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2857kJ (683Cal)	472kJ (113Cal)
Protein (g)	40g	6.6g
Fat, total (g)	32.2g	5.3g
- saturated (g)	18g	3g
Carbohydrate (g)	86.1g	14.2g
- sugars (g)	18.7g	3.1g
Sodium (mg)	2259mg	373mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2787kJ (666Cal)	460kJ (109Cal)
Protein (g)	42.8g	7.1g
Fat, total (g)	29g	4.8g
- saturated (g)	17g	2.8g
Carbohydrate (g)	86.1g	14.2g
- sugars (g)	18.7g	3.1g
Sodium (mg)	2246mg	371mg

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](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.

We're here to help!

Scan here if you have any questions or concerns



1 Make the coconut rice

- In a medium saucepan, add **coconut milk**, the **water** and a generous pinch of **salt** and bring to the boil.
- Add **basmati rice**. Stir, cover with a lid and reduce heat to low.
- Cook for **15 minutes**, then remove pan from 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 veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **sweetcorn**, tossing, until softened, **3-4 minutes**.
- Add **baby spinach leaves** and **garlic** and cook until wilted, **1-2 minutes**. Transfer to a bowl.



2 Prep the veggies

- While rice is cooking, thinly slice **carrot** into half-moons.
- Drain **sweetcorn** (see ingredients).
- Finely chop **garlic**.



5 Cook the chicken

- Return frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken**, tossing, until browned and cooked through, **4-6 minutes**. Reduce heat to low, add **oyster sauce mixture** and cook, stirring, until thickened slightly, **1-2 minutes**.
- Return **veggies** to pan and cook, tossing to coat and heat through, **1 minute**.

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

Custom Recipe: Cook chicken breast in the same way as chicken thigh. Continue with step as above.



3 Prep the chicken & sauce

- Cut **chicken thigh** into 2cm chunks. Set aside
- In a medium bowl, combine **oyster sauce**, **sweet chilli sauce**, **ginger lemongrass paste**, the **soy sauce** and a dash of **water**.

Custom Recipe: If you've swapped to chicken breast, cut into 2cm chunks as above.



6 Serve up

- Divide coconut rice between bowls.
- Top with sweet chilli chicken and veggies, spooning over any remaining sauce from the pan. Enjoy!

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