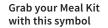


Asian-Style Sweet Black Bean Chicken

with Coconut Rice











Coconut Milk



Carrot







Sweetcorn







Sweet Chilli



Sauce



Baby Spinach

Leaves



Chicken Thigh

Bean Sauce

Pantry items Olive Oil, Soy Sauce

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



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

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

3 3 3.			
	2 People	4 People	
olive oil*	refer to method	refer to method	
coconut milk	1 medium tin	2 medium tins	
water*	3⁄4 cup	1 ½ 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	
oyster sauce	1 packet (50g)	1 packet (100g)	
sweet chilli sauce	1 small packet	1 medium packet	
sweet black bean sauce	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)	2892kJ (691Cal)	464kJ (111Cal)
Protein (g)	40.4g	6.5g
Fat, total (g)	29.6g	4.8g
- saturated (g)	17.8g	2.9g
Carbohydrate (g)	91.8g	14.7g
- sugars (g)	24g	3.9g
Sodium (mg)	2427mg	390mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2822kJ (674Cal)	453kJ (108Cal)
Protein (g)	43.2g	6.9g
Fat, total (g)	26.4g	4.2g
- saturated (g)	16.9g	2.7g
Carbohydrate (g)	91.8g	14.7g
- sugars (g)	24g	3.9g
Sodium (mg)	2415mg	388mg

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.



Scan here if you have any questions or concerns





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 the 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!



Prep the veggies

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



Prep the chicken & sauce

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

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



Cook the veggies

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



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 (when no longer pink inside), 4-6 minutes.
- Reduce heat to low, add black bean 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**.

Custom Recipe: Prepare the frying pan as above. Cook chicken breast, tossing, until browned and cooked through (when no longer pink inside), 5-6 minutes. Continue as above.



Serve up

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

Rate your recipe

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