



# Sweet & Sticky Chicken Thighs

with Garlic-Ginger Rice & Veggie Stir-Fry

Grab your Meal Kit with this symbol



Garlic



Ginger



Basmati Rice



Southeast Asian Spice Blend



Chicken Thigh



Sweet Chilli Sauce



Carrot



Snow Peas



Lemon



Crushed Peanuts

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

Eat me early

Brighten up your night with this bowl of delicious delights. Start with a bed of fluffy garlic-ginger rice, then load it up with zesty stir-fried veggies, baked chicken thighs in a sweet chilli glaze and a sprinkling of crushed peanuts.

### 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

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
ginger	1 knob	2 knobs
butter*	20g	40g
basmati rice	1 packet	2 packets
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
plain flour*	2 tsp	1 tbs
Southeast Asian Spice Blend	1 sachet	2 sachets
chicken thigh	1 small packet	1 large packet
sweet chilli sauce	1 tub (50g)	1 tub (100g)
carrot	1	2
snow peas	1 bag (200g)	1 bag (400g)
lemon	½	1
crushed peanuts	1 packet	2 packets

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3714kJ (887Cal)	673kJ (160Cal)
Protein (g)	45.8g	8.3g
Fat, total (g)	36.1g	6.5g
- saturated (g)	10.9g	2g
Carbohydrate (g)	88.1g	16g
- sugars (g)	21.6g	3.9g
Sodium (mg)	935mg	169mg

### 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 garlic-ginger rice

Preheat the oven to **240°C/220°C**. Finely chop the **garlic** (or use a garlic press). Finely grate the **ginger**. In a medium saucepan, melt the **butter** with a **dash of olive oil** over a medium heat. Add the **garlic** and **ginger** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and the **salt** 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 **carrots** (unpeeled) into half-moons. Trim and halve the **snow peas**. Cut the **lemon** (see ingredients list) into wedges.



## 2. Fry the chicken

While the rice is cooking, combine the **plain flour**, **Southeast Asian spice blend**, 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 medium-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 the best results, adding more oil as needed.



## 3. Bake the chicken

Spread the **sweet chilli sauce** over the **chicken** 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 is no longer pink inside.



## 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 cook, tossing occasionally, until softened, **3-4 minutes**. Reduce the heat to medium, add the **snow peas** and cook until tender, **1 minute**. Season with a **pinch of salt** and **pepper** and stir through a **generous squeeze of lemon juice**.



## 6. Serve up

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

**Enjoy!**