



LEMONGRASS & COCONUT CHICKEN

with Greens & Lime-Infused Rice



Cook with lemongrass



Basmati Rice



Kaffir Lime Leaves



Lemongrass



Garlic



Ginger



Green Beans



Asian Greens



Chicken Thigh



Coconut Milk



Chicken Stock



Long Red Chilli (Optional)



Lime

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

Eat me early

Spicy (optional long red chilli)

Thai cuisine is genius about using aromatics to add flavour. Here, we've doubled up on superstar ingredients, with fragrant kaffir lime leaves in the rice so it smells and tastes like a tropical holiday, plus a stalk of lemongrass in the curry to add a delicious touch of citrus.

Pantry Staples: Olive Oil, Soy Sauce

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large frying pan** with a **lid** (or **foil**)



1 COOK THE BASMATI RICE

In a medium saucepan, bring the **water** to the boil. Add the **basmati rice** and **kaffir lime leaves**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water has absorbed, **10 minutes**. **TIP:** *The rice will finish cooking in its own steam so don't peek!*



2 GET PREPPED

While the rice is cooking, remove the outer layer of the **lemongrass** and discard. Halve the lemongrass lengthways, then press down with the flat side of the knife to bruise the stalk. Finely chop the **garlic** (or use a garlic press). Finely grate the **ginger**. Trim the **green beans** and cut in half. Roughly chop the **Asian greens**. Cut the **chicken thigh** into 2cm strips.



3 BROWN THE CHICKEN

Heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Season the **chicken** with **salt** and **pepper**, then add to the pan. Cook, tossing, until the chicken is browned, **3-4 minutes**.



4 MAKE IT SAUCY

Add the **lemongrass**, **garlic** and **ginger** to the chicken and stir to coat. Cook until fragrant, **1 minute**. Add the **coconut milk**, crumbled **chicken stock** (**1/2 cube for 2 people / 1 cube for 4 people**) and **soy sauce**. Reduce the heat to medium-low and simmer until slightly reduced, **4-5 minutes**.

TIP: *Seasoning is key in this dish! Taste and add some more soy sauce or a pinch of brown sugar if you think it needs it!*



5 ADD THE VEGGIES

Add the **green beans** to the pan and cover with a lid or foil. Cook until just tender, **2-3 minutes**. Remove the pan from the heat and stir through the **Asian greens** until just wilted. Thinly slice the **long red chilli** (if using). Cut the **lime** into wedges.



6 SERVE UP

Remove the kaffir lime leaves from the basmati rice and remove the lemongrass from the chicken. Divide the lime-infused rice and lemongrass and coconut chicken between bowls. Sprinkle with the chilli (if using) and serve with the lime wedges.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
water*	1½ cups	3 cups
basmati rice	1 packet	2 packets
kaffir lime leaves	2 leaves	4 leaves
lemongrass	1 stalk	2 stalks
garlic	2 cloves	4 cloves
ginger	1 knob	2 knobs
green beans	1 bag (100 g)	1 bag (200 g)
Asian greens	1 bunch	2 bunches
chicken thigh	1 packet	1 packet
coconut milk	1 tin (165 ml)	2 tins (330 ml)
chicken stock	½ cube	1 cube
soy sauce*	3 tsp	1½ tbs
long red chilli (optional)	1	2
lime	1	2

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3040kJ (726Cal)	612kJ (146Cal)
Protein (g)	41.9g	8.5g
Fat, total (g)	27.5g	5.5g
- saturated (g)	13.8g	2.8g
Carbohydrate (g)	71.6g	14.4g
- sugars (g)	2.9g	0.6g
Sodium (g)	518mg	104mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

→ JOIN OUR PHOTO CONTEST!

#HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

2019 | WK27

