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WK48
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Zesty Lime & Coconut Chicken with Jasmine Rice

In a cacophony of green this zesty chicken comes alive. Fragrant Jasmine rice and emerald broccoli lays the stage for a lively Thai-style marinade of rich coconut milk, garlic, lime and coriander. Don't be afraid to scrape every skerrick of this green potion onto your plate - it's worth it!



Prep: 20 mins

Cook: 20 mins

Total: 40 mins



level 1



eat me
early



spicy

Pantry Items



Fish Sauce



Water



Olive Oil



Coriander



Garlic



Lime



Coconut Milk



Jasmine Rice



Free Range Chicken
Thighs



Broccoli



Zucchini

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QTY	Ingredients
1 bunch	coriander leaves, picked & finely chopped
1 clove	garlic, peeled & crushed
1	lime, zested & juiced
2 tsp	fish sauce *
1 ½ tins	coconut milk
2 packets	Jasmine rice, rinsed well
6 cups	water *
1 tbs	olive oil *
1 packet	free range chicken thighs, diced into 2 cm pieces
1 head	broccoli, chopped into florets
1	zucchini, finely diced

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2850	Kj
Protein	42.5	g
Fat, total	26.3	g
-saturated	10.8	g
Carbohydrate	64.9	g
-sugars	2.2	g
Sodium	356	mg



You will need: *chef's knife, chopping board, garlic crusher, zester, sieve, small food processor or mortar and pestle, medium saucepan, medium frying pan and wooden spoon.*

1 In a small food processor, process the **coriander, garlic, lime zest** and **lime juice, fish sauce** and the **coconut milk** until it forms a loose green paste.

Tip: if you don't have a small food processor you can use a blender or mortar and pestle to bash your dry ingredients until a paste forms, then add the coconut milk.

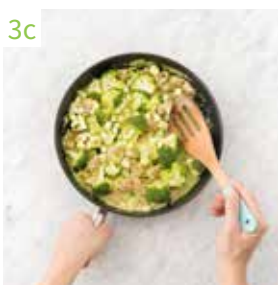


2 Place the **Jasmine rice** and **water** in a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **10-12 minutes**, or until the rice is soft. Drain.

3 Meanwhile, heat the **olive oil** in a medium frying pan over a medium-high heat. Add the **chicken thighs** to the pan and cook for **3-4 minutes**, or until slightly golden. Pour in the lime and coconut sauce and cook for **10 minutes**, or until cooked through. Throw in the chopped **broccoli** and **zucchini** and simmer for **5 minutes**, or until tender and soft. Season with **salt** and **pepper**.



4 To serve, divide the Jasmine rice between plates and top with the lime chicken and vegetables. Enjoy!



Did you know? Coconut milk is derived from the flesh of the coconut, rather than the coconut liquid.