



# Asian Soy & Lime Chicken

with Garlic Rice & Mint

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Makrut Lime Leaves



Lime



Chicken Thigh



Carrot



Asian Greens



Broccoli



Mint

**Keep an eye out...**  
Due to recent sourcing challenges, we've replaced baby broccoli with broccoli, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

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

Eat me early

Thai cuisine is genius about using aromatics to add flavour. Here, we've doubled up on superstar ingredients, with fragrant makrut lime leaves in the glaze for the chicken and a garnish of mint so it smells and tastes like the tropical holiday you deserve.

### Pantry items

Olive Oil, Butter, Soy Sauce, Brown Sugar, Fish Sauce (Optional), Rice Wine Vinegar

## 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
garlic	2 cloves	6 cloves
butter*	20g	40g
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
makrut lime leaves	2 leaves	4 leaves
lime	½	1
chicken thigh	1 packet	1 packet
soy sauce*	1 tbs	2 tbs
brown sugar*	1 tbs	2 tbs
fish sauce* (optional)	½ tbs	1 tbs
rice wine vinegar*	½ tbs	1 tbs
carrot	1	2
Asian greens	1 bunch	1 bunch
broccoli	½ head	1 head
mint	1 bunch	1 bunch

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2811kJ (671Cal)	504kJ (120Cal)
Protein (g)	41.1g	7.4g
Fat, total (g)	22.1g	4g
- saturated (g)	8.6g	1.5g
Carbohydrate (g)	75g	13.5g
- sugars (g)	10.2g	1.8g
Sodium (mg)	969mg	174mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Make the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook the **garlic** until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and the **salt**, stir, then 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 has absorbed, **10 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!



## Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **carrot** and **broccoli** until just tender, **4-5 minutes**. Add the **Asian greens** and cook until just tender, **1-2 minutes**. Transfer to a bowl.



## Flavour the chicken

While the rice is cooking, thinly slice the **makrut lime leaves**. Zest the **lime** to get a pinch, then slice into wedges. Cut the **chicken thigh** into 2cm chunks. In a medium bowl combine the **soy sauce**, **brown sugar**, **fish sauce**, **rice wine vinegar**, **makrut lime leaves**, **lime zest** and a generous squeeze of **lime juice**. Add the **chicken** and toss to coat. Set aside.

**TIP:** The makrut lime leaves are fibrous so be sure to slice them very thin.



## Cook the chicken

Return the frying pan to a high heat with a drizzle of **olive oil**. Pick up the **chicken** with tongs, letting any excess marinade drip back into the bowl, then add to the pan. Cook the **chicken**, tossing occasionally, until browned and cooked through, **3-4 minutes**. Stir through the **marinade**, then immediately remove the pan from the heat.



## Prep the veggies

Thinly slice the **carrot** into half-moons. Roughly chop the **Asian greens**. Cut the **broccoli** (see ingredients) into small florets and roughly chop the stalk.



## Serve up

Pick and roughly chop the **mint** leaves. Divide the garlic rice between bowls and top with the Asian soy and lime chicken and veggies. Garnish with the mint. Serve with any remaining lime wedges.

## Enjoy!