

Mild Thai Coconut Chicken

with Asian Greens & Garlic Rice

Grab your Meal Kit
with this symbol



Garlic



Jasmine Rice



Carrot



Asian Greens



Lime



Ginger



Chicken Thigh




Coconut Cream



Oyster Sauce

 Hands-on: **30-40 mins**
Ready in: **35-45 mins**

 Eat me early

With tender chicken, colourful veggies and an infusion of ginger and garlic, this coconut sauce is mild enough for picky eaters but has a deep flavour that will still keep the grown-ups satisfied.

Pantry items

Olive Oil, Butter, Brown Sugar,
Soy Sauce

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	4 cloves
butter*	20g	40g
jasmine rice	1 packet	1 packet
water*	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
carrot	1	2
Asian greens	1 packet	1 packet
lime	½	1
ginger	1 knob	2 knobs
chicken thigh	1 packet	1 packet
coconut cream	1 tin (200ml)	1 tin (400ml)
brown sugar*	½ tbs	1 tbs
soy sauce*	1 tbs	2 tbs
oyster sauce	½ packet (22.5g)	1 packet (45g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3676kJ (878Cal)	621kJ (148Cal)
Protein (g)	40.1g	6.8g
Fat, total (g)	42.6g	7.2g
- saturated (g)	30.8g	5.2g
Carbohydrate (g)	81.7g	13.8g
- sugars (g)	13.1g	2.2g
Sodium (mg)	1575mg	266mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook 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 **jasmine rice**, **water** and the **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove from the heat and keep covered until the **rice** is tender and the water is absorbed, **10-15 minutes**.

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



Cook the sauce

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **carrot** until just softened, **3-4 minutes**. Add the **ginger** and cook until fragrant, **1 minute**. Reduce the heat to medium, then add the **coconut cream**, **lime zest**, **brown sugar**, **soy sauce** and **oyster sauce** and stir to combine.



Get prepped

While the rice is cooking, thinly slice the **carrot** into half-moons. Roughly chop the **Asian greens**. Zest the **lime** to get a pinch, then slice into wedges. Finely grate the **ginger**. Cut the **chicken thigh** into 2cm chunks.



Bring it all together

Add the **Asian greens**, then return the **chicken** (plus any resting juices) to the pan and stir to combine. Bring to a simmer and cook until the veggies are tender, **2-3 minutes**. Season to taste.



Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a high heat. When the oil is hot, cook the **chicken**, tossing, until browned, **3-4 minutes**. Season with **salt** and **pepper**, then transfer to a plate.

TIP: If your pan is getting crowded, cook in batches for the best results!



Serve up

Divide the garlic rice between bowls. Top with the mild Thai coconut chicken and serve with the lime wedges.

Enjoy!