



Sticky Lemon Chicken

with Asian Greens & Basmati Rice

Grab your Meal Kit with this symbol



Basmati Rice



Carrot



Capsicum



Asian Greens



Lemon



Chicken Thigh



Chicken Stock



Crispy Shallots

Hands-on: 20 mins
 Ready in: 30 mins
 Eat me early

This totally irresistible sticky lemon chicken is an absolute weeknight winner. The crafty combination of honey, soy sauce and lemon zest will transform your tender chicken thighs into sticky morsels bursting with flavour.

Pantry items

Olive Oil, Honey, Soy Sauce, Plain Flour

Before you start

Our fruit and veggies need a little wash first!

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	4 People
olive oil*	refer to method
water*	3 cups
basmati rice	2 packets
carrot	2
capsicum	1
Asian greens	1 packet
lemon	1
chicken thigh	1 packet
honey*	3 tbs
chicken stock	1 cube
warm water*	¾ cup
soy sauce*	1 tbs
plain flour*	2 tbs
crispy shallots	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2570kJ (614Cal)	599kJ (143Cal)
Protein (g)	37.1g	8.7g
Fat, total (g)	12.4g	2.9g
- saturated (g)	4.3g	1.0g
Carbohydrate (g)	84.5g	19.7g
- sugars (g)	19.6g	4.6g
Sodium (g)	404mg	94mg

Allergens

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)



1. Cook the rice

In a medium saucepan, add the **water** and bring to the boil. Add the **basmati rice**, 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 is absorbed, **10 minutes**.

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



2. Get prepped

Thinly slice the **carrot** (unpeeled) into half-moons. Cut the **capsicum** into 1cm pieces. Roughly chop the **Asian greens**. Zest the **lemon** to get a **generous pinch**, then slice into wedges. Cut the **chicken thigh** into 2cm pieces.



3. Cook the veggies

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **carrot** and **capsicum** and cook until tender, **4-5 minutes**. Add the **Asian greens** and cook until slightly wilted, **1-2 minutes**. Season with a **pinch** of **salt** and **pepper**, then transfer to a medium bowl and cover to keep warm. While the veggies are cooking, in a small bowl combine the **honey**, **1** crumbled **chicken stock** cube, the **warm water**, **soy sauce**, **lemon zest** and a **generous squeeze** of **lemon juice**.



4. Cook the chicken

In a large bowl, combine the **plain flour** and the **chicken**. Season with a **pinch** of **salt** and **pepper** and toss to coat. Return the frying pan to a medium-high heat with enough **olive oil** to coat the base of the pan. Add the **chicken** and cook, tossing occasionally, until golden and cooked through, **5-6 minutes**.



5. Add the sauce & veggies

Spoon off any excess oil from the pan. Add the **honey-lemon sauce** to the pan and cook until slightly thickened, **3-4 minutes**. Remove from the heat and return the **veggies** to the pan. Toss to coat.



6. Serve up

Divide the basmati rice between bowls. Top with the sticky lemon chicken and veggies and garnish with the **crispy shallots**.

Enjoy!