



Thai-Style Sweet Chilli Chicken

with Coconut Rice & Pickled Onion

Grab your Meal Kit
with this symbol



Coconut Milk



Jasmine Rice



Garlic



Oyster Sauce



Chicken Thigh



Sweet Chilli
Sauce



Lemongrass & Makrut
Lime Stir-Fry Paste



Red Onion



Carrot



Green Beans



Baby Spinach
Leaves



Mint



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



Eat me early

This meal comes alive with the fantastic flavours of sweet chilli and makrut lime, plus the richness of coconut rice. We've used chicken thigh here because it's extra-tasty and remains moist as it cooks.

Pantry items

Olive Oil, Rice Wine Vinegar (or White Wine Vinegar), Sugar

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 lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
coconut milk	1 tin (165ml)	1 tin (400ml)
water* (for the rice)	1 cup	1½ cup
salt*	¼ tsp	½ tsp
jasmine rice	1 packet	2 packets
garlic	2 cloves	4 cloves
oyster sauce	1 packet (50g)	1 packet (100g)
chicken thigh	1 small packet	1 large packet
sweet chilli sauce	1 packet (50g)	1 packet (100g)
lemongrass & makrut lime stir-fry paste	1 tub	2 tubs
water* (for the sauce)	¼ cup	½ cup
red onion	½	1
rice wine vinegar* (or white wine vinegar)	¼ cup	½ cup
sugar*	pinch	pinch
carrot	1	2
green beans	1 bag (100g)	1 bag (200g)
baby spinach leaves	1 bag (60g)	1 bag (120g)
mint	1 bunch	1 bunch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3637kJ (869Cal)	549kJ (131Cal)
Protein (g)	43.3g	6.5g
Fat, total (g)	30.8g	4.6g
- saturated (g)	13.5g	2g
Carbohydrate (g)	94.4g	14.2g
- sugars (g)	27.4g	4.1g
Sodium (mg)	1724mg	260mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit hellofresh.com.au/contact

2021 | CW21

1



Make the coconut rice

In a medium saucepan, combine the **coconut milk**, **water (for the rice)** and the **salt** and bring to the boil over a high heat. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 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!

4



Cook the veggies

Thinly slice the **carrot** into half-moons. Trim and halve the **green beans**. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **carrot** and **green beans** until softened, **4-5 minutes**. Add the **baby spinach leaves** and cook until wilted, **1-2 minutes**. Season with **salt** and **pepper**, then transfer to a bowl.

2



Get prepped

While the rice is cooking, finely grate the **garlic**. Cut the **chicken thigh** into 2cm chunks. In a medium bowl, combine the **garlic**, **oyster sauce**, **sweet chilli sauce**, **lemongrass & makrut lime stir-fry paste** and the **water (for the sauce)**.

5



Cook the chicken

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, use tongs to add the **chicken** to the pan, allowing the excess marinade to drip back into the bowl. Cook, tossing, until browned and cooked through, **4-6 minutes**. Bring the heat to low, then add the **oyster sauce mixture** to the **chicken** and cook, **3-4 minutes**. Return the veggies to the pan and toss to coat.

3



Pickle the onion

Thinly slice the **red onion** (see ingredients). In a small bowl, combine the **rice wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch the **red onion** in your hands, then add to the pickling liquid. Add just enough **water** to cover the **onion**, then stir to combine. Set aside until serving.

6



Serve up

Pick and thinly slice the **mint**. Drain the pickled onion. Divide the coconut rice between bowls and top with the sweet chilli chicken and veggies. Spoon over any sauce from the pan and garnish with the pickled onion and mint.

Enjoy!