



# Mild Thai Coconut Chicken

with Asian Greens & Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Asian Greens



Ginger



Lemon



Chicken Thigh



Coconut Cream



Hoisin Sauce



Coriander

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

## 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          | 2 packets           |
| water*<br>(for the rice)  | 1¼ cups           | 2½ cups             |
| salt*                     | ¼ tsp             | ½ tsp               |
| carrot                    | 1                 | 2                   |
| Asian greens              | 1 packet          | 1 packet            |
| ginger                    | 1 knob            | 2 knobs             |
| lemon                     | ½                 | 1                   |
| chicken thigh             | 1 packet          | 1 packet            |
| coconut cream             | 1 tin<br>(200ml)  | 1 tin<br>(400ml)    |
| hoisin sauce              | 1 packet<br>(75g) | 2 packets<br>(150g) |
| water*<br>(for the sauce) | 2 tbs             | ¼ cup               |
| coriander                 | 1 bunch           | 1 bunch             |

\*Pantry Items

### Nutrition

|                  | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3940kJ (941Cal) | 754kJ (180Cal) |
| Protein (g)      | 40.8g           | 7.8g           |
| Fat, total (g)   | 47.3g           | 9.1g           |
| - saturated (g)  | 34.6g           | 6.6g           |
| Carbohydrate (g) | 85.3g           | 16.3g          |
| - sugars (g)     | 21.0g           | 4.0g           |
| Sodium (mg)      | 1120mg          | 214mg          |

### Allergens

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

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



## 1. 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. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **jasmine rice**, **water (for the rice)** 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!



## 2. Get prepped

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



## 3. Cook the chicken

In a large frying pan, heat a **drizzle of olive oil** over a high heat. Cook the **chicken**, in batches, tossing, until browned, **3-4 minutes**. Season with **salt** and **pepper** and transfer to a plate and cover to keep warm.



## 4. Cook the sauce

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **carrot** and cook until softened, **5 minutes**. Add the **ginger** and cook until fragrant, **1 minute**. Reduce the heat to medium, then add the **coconut cream**, **lemon zest**, **hoisin sauce** and **water (for the sauce)** and stir to combine. 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.



## 5. Prep the coriander

While the coconut chicken is simmering, roughly chop the **coriander**.



## 6. Serve up

Divide the garlic rice between bowls. Top with the mild Thai coconut chicken and sprinkle with the coriander. Serve with the lemon wedges.

**Enjoy!**