



# SPICED CHICKEN

with Coconut Rice and Baked Corn on the Cob



## HELLO COCONUT

The husk of the coconut can be used to make ropes, mats, brushes and sacks... Multipurpose!



Corn on the Cob



Honey



Shawarma Seasoning



Chicken Drumstick



Onion



Red Pepper



Vine Tomato



Garlic Clove



Black Turtle Beans



Basmati Rice



Coconut Milk



Chicken Stock Powder



Flat Leaf Parsley

MEAL BAG  
16

- Hands on: 10 mins
- Total: 40 mins
- 2.5 of your 5 a day
- Family Box

This creamy coconut rice is (in our humble opinion), pretty amazing! Teamed with delicious shawarma spiced chicken drumsticks and baked corn on the cob, it's going to be a sensational (but slightly messy) dinner.



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Mixing Bowl**, **Fine Grater**, (or **Garlic Press**), **Colander/Sieve**, some **Baking Paper**, a **Baking Tray**. **Large Saucepan** (with a **Lid**) and **Measuring Jug**. Now, let's get cooking!



### 1 MARINATE THE CHICKEN

Preheat your oven to 200°C. Halve the **corn on the cob** by running a knife firmly around the middle then snapping in half with your hands. Put the **honey** in a mixing bowl with the **shawarma seasoning** and a drizzle of **oil**. **★ TIP:** *If you're not keen on spice, use slightly less shawarma.* Stir together, then add the **chicken**. Mix with your hands so each **drumstick** gets a good coating. Set aside.

**! IMPORTANT:** *Remember to wash your hands and equipment after handling raw meat!*



### 4 START THE RICE

Heat a drizzle of **oil** in a large saucepan on medium heat and add the **onion**. Cook until softened, 5 mins. Add the **pepper**, a good pinch of **salt** and **pepper** and cook for another 5 mins. Add the **tomato** and **garlic** and stir together. Cook for 1 minute more. Add the **black beans**, **basmati rice**, **coconut milk**, **water** (see ingredients for amount) and **stock powder**.



### 2 PREP THE VEGGIES

Halve, peel and chop the **onion** into small pieces. Halve the **pepper** and remove the core and seeds. Chop into small pieces. Chop the **tomato** into roughly 2cm chunks. Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **black beans** in a colander.



### 5 SIMMER AWAY

Bring the **mixture** to the boil (making sure the **stock powder** has dissolved), then lower the heat to medium and pop a lid on the pan. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins or until ready to serve. **★ TIP:** *The rice will finish cooking in its own steam.*



### 3 COOK THE CHICKEN

Put the **drumsticks** on a lined baking tray along with the **corn on the cob**. Drizzle some **oil** over the **corn** and season everything with a pinch of **salt** and **pepper**. **★ TIP:** *If you need to use two baking trays, that's fine!* Pop on the top shelf of your oven. Cook for 30-35 mins.

**! IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.*



### 6 FINISH AND SERVE

Meanwhile, roughly chop the **parsley** (stalks and all). Fluff up the **rice** with a fork then stir the **parsley** through it. Serve on plates with the **chicken** and **corn** on top.

Enjoy!

## 2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Corn on the Cob	1	1½	2
Honey	1 sachet	1½ sachets	2 sachets
Shawarma Seasoning	½ pot	¾ pot	1 pot
Chicken Drumstick	4	6	8
Onion	½	1	1
Red Pepper	½	¾	1
Vine Tomato	1	2	2
Garlic Clove	1	1	1
Black Beans	½ carton	¾ carton	1 carton
Basmati Rice	150g	225g	300g
Coconut Milk	½ small tin	¾ small tin	1 small tin
Water*	200ml	300ml	400ml
Chicken Stock Powder	½ pot	¾ pot	1 pot
Flat Leaf Parsley	1 bunch	1 bunch	1 bunch

\*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 680G	PER 100G
Energy (kcal)	1184	174
(kJ)	4952	728
Fat (g)	50	7
Sat. Fat (g)	14	2
Carbohydrate (g)	86	13
Sugars (g)	16	2
Protein (g)	64	9
Salt (g)	1.18	0.17

Nutrition for uncooked ingredients based on 2 person recipe.

**Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.**

### THUMBS UP OR THUMBS DOWN?

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