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WK41  
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## Sweet, Sticky Chicken with Brown Rice & Green Beans

This sticky chicken is finger lickin' good fun and an absolute weeknight winner. It takes no time at all to whip up and the crafty combination of brown sugar, soy sauce and chilli will transform your tender chicken into sticky morsels bursting with flavour (watch those seeds if heat isn't for you).

 **Prep:** 15 mins  
 **Cook:** 30 mins  
 **Total:** 45 mins

 level 1  
 nut free  
 eat me early

### Pantry Items



Water



Vegetable Oil



Salt-reduced Soy Sauce



Brown Sugar



Fish Sauce



Brown Rice



Free Range Chicken Thighs



Carrot



Garlic



Long Red Chilli



Green Beans







Lemon


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## QTY

## Ingredients

2 packets	brown rice, rinsed well	
6 cups	water *	
1 tbs	vegetable oil *	
1 packet	free range chicken thighs, cut into 3 cm chunks	
2	carrots, sliced into matchsticks	
2 cloves	garlic, peeled & crushed	
1	long red chilli, deseeded & finely chopped (optional)	
1/3 cup	salt-reduced soy sauce *	
1/3 cup	brown sugar *	
1 bag	green beans, trimmed & cut into thirds	
2 tsp	fish sauce *	
1/2	lemon, sliced into wedges	

 Ingredient features in another recipe

\* Pantry Items

 Pre-preparation

### Nutrition per serve

Energy	2060	Kj
Protein	38.5	g
Fat, total	17.3	g
-saturated	4.3	g
Carbohydrate	42.4	g
-sugars	14.0	g
Sodium	1040	mg



**You will need:** sieve, chef's knife, chopping board, garlic crusher, baking paper lined oven tray, medium saucepan with lid, large frying pan with lid, tongs and wooden spoon.

**1** Place the **brown rice** and **water** into a medium saucepan and bring to the boil. Reduce to a medium-low heat and cover with a lid. Cook for **25-30 minutes** or until the rice is tender. Drain.



**2** Meanwhile, heat the **vegetable oil** in a large frying pan over a medium-high heat. Add the **free range chicken thigh** chunks and cook, turning, for **2-3 minutes** or until browned. Add the **carrot** and cook, stirring, for **5 minutes**, or until softened slightly. Add the **garlic** and the **long red chilli** (add the seeds for more heat) and cook for **1 minute**, or until fragrant. Add the **salt-reduced soy sauce**, stir to combine, season with **black pepper** and cover with a lid. Reduce the heat to low and simmer for **5 minutes**, stirring occasionally.



**3** Remove the lid, add the **brown sugar** and **green beans** and stir to combine. Increase the heat to medium-high and cook, uncovered, for **3-4 minutes** or until the sauce is thick and syrupy and the beans are tender. Stir through the **fish sauce** and remove from the heat.

**4** To serve, divide the brown rice and chicken between serving plates. Serve with the **lemon wedges**.



**Did you know?** The chicken is the closest living relative of the Tyrannosaurus Rex.