



THAI SPICED CHICKEN

with Coriander Rice and Baby Bok Choy



HELLO KETJAP MANIS

This Indonesian version of soy sauce is what our westernised ketchup originated from.



Coriander



Lime



Baby Bok Choy



Diced Chicken Breast



Thai Spice Blend



Chicken Stock Pot



Basmati Rice



Desiccated Coconut



Ketjap Manis



Ground Coriander

Gangal, lemongrass, kaffir lime and sesame are just four of the ten ingredients that make up the Thai spice blend in this delicious recipe. With that many strings to its bow, it's hard to believe that this spicy blend doesn't completely steal the show. But with competitors as good as garlicky stir fried bok choy, toasted coconut and coriander rice, and a zesty ketjap manis dressing, it's hard to put a finger on the winner. Over to you chef!

35 mins

1 of your 5 a day

Medium Heat

MEAL BAG

4

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater, Mixing Bowl, Measuring Jug, Large Saucepan** (with a **Lid**) and **Frying Pan**. Now, let's get cooking!



1 PREP THE VEGGIES

Put your kettle onto boil. Roughly chop the **coriander** (stalks and all). Zest the **lime**, then halve. Quarter each **baby bok choy** lengthways.



2 MARINATE THE CHICKEN

Pop the **diced chicken** into a mixing bowl and season with **salt**. Add a glug of **oil**, **half** of the **Thai spice blend** and a good pinch of **lime zest**. Rub the flavourings into the **meat** and keep to one side, we will cook it later.

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



3 COOK THE RICE

Pour the **water** (see ingredients for amount) into a large saucepan and bring to the boil. When boiling, stir in the remaining **Thai spice blend**, the **stock** and **basmati rice**, 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.



4 TOAST THE COCONUT

Put a frying pan medium heat and add the **desiccated coconut** (no oil). Toast, tossing or stirring frequently for 2-3 mins. ★ **TIP:** Watch it like a hawk as it can burn easily! Transfer to a small bowl. Return the pan to medium-high heat with a drizzle of **oil** and add the **diced chicken** and **marinade**. Fry until golden, stirring occasionally, 5-6 mins.



5 MAKE THE SAUCE

Meanwhile, in another small bowl, mix the **ketjap manis** with **half** the remaining **lime zest** and **lime juice**. Stir in **half** the **fresh coriander** and the **olive oil** (see ingredients for amount). Set aside. Add the **bok choy** to the **chicken** and stir-fry for 2 mins. Add a splash of **water**. Cook until the leaves are wilted and the **chicken** is cooked through, 2-3 mins.

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



6 FINISH AND SERVE

Fluff up the **rice** with a fork and stir in the remaining **lime zest**, the **ground coriander**, remaining **fresh coriander** and **half** the **toasted coconut**. Season to taste with **salt** if needed. Share the **coriander rice** between your bowls and drizzle on **half** of the **sauce**. Season the **bok choy** and **chicken** to taste with **salt** and **pepper**, then place on the **rice**. Drizzle over the remaining **sauce** and finish with the rest of the **toasted coconut**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Coriander	1 bunch	1 bunch	1 bunch
Lime	1	1½	2
Baby Bok Choy	1 pack	1½ packs	2 packs
Diced Chicken Breast	280g	420g	560g
Thai Spice Blend 3)	1 small pot	¾ large pot	1 large pot
Water*	300ml	450ml	600ml
Chicken Stock Pot	½ pot	¾ pot	1 pot
Basmati Rice	150g	225g	300g
Desiccated Coconut	1 sachet	1½ sachets	2 sachets
Ketjap Manis 11) 13)	1 sachet	1½ sachets	2 sachets
Ground Coriander	1 small pot	¾ large pot	1 large pot
Olive Oil*	2 tbsp	3 tbsp	4 tbsp

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 374G	PER 100G
Energy (kcal)	647	173
(kJ)	2707	723
Fat (g)	21	6
Sat. Fat (g)	10	3
Carbohydrate (g)	71	19
Sugars (g)	12	3
Protein (g)	42	11
Salt (g)	1.73	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

3) Sesame 11) Soya 13) Gluten

🧼 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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