



# THAI-SPICED CHICKEN & BROCCOLI

with Ginger Coconut Rice



Add Thai spices  
to chicken for a  
flavourful coating



Ginger



Coconut Milk



Basmati Rice



Broccoli



Carrot



Long Red Chilli  
(Optional)



Chicken Thigh



Thai Seven  
Spice Blend



Sweet Chilli  
Sauce

**Pantry Staples:** Olive Oil, Butter, Plain Flour,  
Soy Sauce

Hands-on: **25 mins**  
Ready in: **30 mins**

**1** Eat me early

**C3** Spicy (optional  
long red chilli)

This fragrant meal packs flavour in every mouthful. From the creamy coconut rice to the lightly spiced Thai chicken brimming with sweet and savoury notes and the colourful veggies, this is so much better than takeaway.



## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid** • **large frying pan**



### 1 COOK THE COCONUT RICE

Finely grate the **ginger**. In a medium saucepan, melt the **butter** over a medium heat. Add the ginger and cook until fragrant, **1-2 minutes**. Add the **coconut milk**, **water (for the rice)** and **salt (for the rice)** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **15 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!



### 2 PREP THE VEGGIES

While the rice is cooking, cut the **broccoli** into small florets and roughly chop the stalk. Thinly slice the **carrot** (unpeeled). Thinly slice the **long red chilli** (if using).



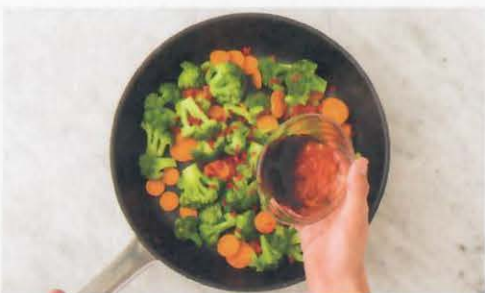
### 3 SEASON THE CHICKEN

Cut the **chicken thigh** into 2cm chunks. In a large bowl, combine the **chicken**, **Thai seven spice blend**, **plain flour** and **salt (for the chicken)**.



### 4 COOK THE CHICKEN

In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. When the oil is hot, add the **chicken** and cook, tossing often, until browned and cooked through, **3-4 minutes**. Transfer to a plate.



### 5 COOK THE VEGGIES

Return the frying pan to a medium-high heat. Add the **broccoli**, **carrot** and **water (for the veggies)** and cook, tossing often, until just tender, **6-7 minutes**. In the last minute of cooking time, add the **sweet chilli sauce** and **soy sauce** and toss the veggies to coat.



### 6 SERVE UP

Divide the ginger coconut rice between bowls. Top with the Thai-spiced chicken and veggies. Sprinkle with the chilli (if using).

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
ginger	1 knob	2 knobs
butter*	20 g	40 g
coconut milk	1 tin (165 ml)	1 tin (400 ml)
water* (for the rice)	1 cup	1 1/4 cups
salt* (for the rice)	1/4 tsp	1/2 tsp
basmati rice	1 packet	2 packets
broccoli	1 head	2 heads
carrot	1	2
long red chilli (optional)	1	2
chicken thigh	1 packet	1 packet
Thai seven spice blend	1 sachet	2 sachets
plain flour*	1 tbs	2 tbs
salt* (for the chicken)	1/4 tsp	1/2 tsp
water* (for the veggies)	2 tbs	1/2 cup
sweet chilli sauce	1 tub (50 g)	1 tub (100 g)
soy sauce*	2 tsp	1 tbs

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3710kJ (887Cal)	621kJ (148Cal)
Protein (g)	47.5g	8.0g
Fat, total (g)	36.1g	6.0g
- saturated (g)	19.4g	3.2g
Carbohydrate (g)	84.0g	14.1g
- sugars (g)	16.5g	2.8g
Sodium (g)	1010mg	170mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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