



More Than Food

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Homemade 'Marmalade' Sticky Chicken with Rice and Vichy Veg

Paddington Bear would certainly approve of this easy to make, even easier to eat dinner time treat. Your hungry bears will be gobbling up this dish and sucking their sticky paws clean. This one is a family favourite at our house and is requested frequently, which is good because it has maximum approval with minimum effort. (It is also one for your back pocket on picnic days as it is equally delicious cold! Wrap each chicken leg in tinfoil and distribute to everyone on your very own teddy bears picnic.) The Vichy veg can remain at the dinner table however, and is a fancy name for a simple preparation method from the French region of the same name. An all-round winner – no grizzlies here!



45 min



family box



lactose free



healthy



Chicken Leg (4)



Honey (2 tbsp)



Orange (1)



Soy Sauce (3 tbsp)



Black Garlic Teriyaki Sauce (4 tbsp)



Chicken Stock Pot (1)



Basmati Rice (2 cups)



Carrot (3)



Courgette (2)



Coriander (4 tbsp)



Sweet Chilli Sauce (2 tbsp)

Ingredients

	2P	4P
Chicken Leg	-	4
Honey	-	2 tbsp
Orange	-	1
Soy Sauce 1, 2	-	3 tbsp
Black Garlic Teriyaki Sauce 1, 3	-	4 tbsp
Chicken Stock Pot	-	1
Basmati Rice	-	2 cups
Carrot, sliced	-	3
Courgette, sliced	-	2
Coriander, chopped	-	4 tbsp
Sweet Chilli Sauce	-	2 tbsp

 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Allergens

1) Gluten | **2)** Soya
3) Sulphites

Nutrition per serving: Calories: 549 kcal | Protein: 27 g | Carbs: 106 g | Fat: 4 g | Saturated Fat: 1 g



1 Pre-heat your oven to 200 degrees. **LH:** Place the chicken legs on a large baking tray. Pour the honey into a bowl. Squeeze the juice from the orange and add it to the honey. Stir!



2 **LH:** Now mix together your soy sauce and black garlic teriyaki sauce and add to your honey orange mixture, to make the homemade 'marmalade'.



3 Pour half of this over the chicken and keep the rest for later. Use a wooden spoon to make sure the sauce coats all the chicken. Put in the oven for 40 mins. After 20 mins, take the chicken out of the oven and pour over the remaining sauce, pop it back in the oven.



4 Boil 700ml of water (exactly) with your chicken stock in a pot. Once it is boiling, add the rice, turn the heat to the lowest setting, place a lid on the pot and leave bubbling away for 10 mins. After the 10 mins are up, take off the heat and leave for another 10 mins. **Tip:** To make sure your rice is perfect, don't touch the lid until 20 mins are up!

5 Peel the carrots, then slice the carrots and courgettes into finger length batons. Roughly chop the coriander.

6 Place a shallow frying pan on medium heat, add the veggies along with ½ cup of water, 1 tsp of salt, 2 tbsp of butter and 2 tbsp of sugar (if you have it. If you don't have any butter use olive oil). Bring to the boil and then turn the heat to low, cooking for about 5-6 mins. Drain the water, leaving 1-2 tbsp in the pan and cook a little longer to evaporate this. **Tip:** Remember to keep stirring, making sure you glaze the vegetables without burning them! Stir through half the chopped coriander.

7 Make a bed of rice on each plate. Place the chicken legs on top and the Vichy veg on the side. **Tip:** For anyone that wants theirs extra saucy, you can pour the remaining 'cooking juices' from the chicken tray into a jug and pour over your dish! Sprinkle over the remaining coriander. Adults and older children can also add a dollop of the chilli sauce on the side, to spice things up a bit.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!