



CHINESE HOISIN GLAZED CHICKEN

with Creamy Coconut Rice



Learn to make a healthier coconut rice



Basmati Rice



Carrot



Ginger



Garlic



Chicken Thigh



Light Coconut Milk



Zucchini



Chicken Stock



Long Green Chilli (Optional)



Hoisin Sauce



Coriander

Hands-on: **20 mins**
Ready in: **30 mins**

Naturally gluten-free
Not suitable for Coeliacs

Eat me early

Spicy (optional long green chilli)

Our recipe creators have jammed in all the key elements to create a superbly tasty dish... the hoisin sauce becomes gloriously caramelised to marry perfectly with the big white cloud of coconutty creamy rice. We aren't sure who is the real hero in this dish – you decide!

Pantry Staples: Olive Oil, Soy Sauce (or Gluten Free Tamari Soy Sauce), Honey

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, box grater, fine grater, garlic crusher, sieve, medium saucepan with lid, wooden spoon, medium bowl, tongs** and **large frying pan**.



1 COOK THE RICE

Rinse the **basmati rice** well. Place the rice, the **light coconut milk**, the **water (for the rice)** into a medium saucepan and crumble in the **chicken stock** cube. Bring to the boil over a high heat. Once boiled, reduce the heat to low and simmer, covered, for **15 minutes**, or until the rice is soft and the liquid has absorbed. Season with a **pinch of pepper** and set aside. Cover with a lid to keep warm. **TIP:** Avoid lifting the lid on the rice as this lets steam out and slows down the cooking process.



4 COOK THE ZUCCHINI & CHICKEN

Heat a large dry frying pan (no oil) over a high heat. Add the **zucchini** to the pan in a single layer and cook, tossing occasionally, for **5-6 minutes**, or until lightly charred. Remove from the pan and season with a **pinch of salt and pepper**. **TIP:** Charring the zucchini with no oil gives it a delicious smoky flavour! Return the pan to a medium-high heat with a **drizzle of olive oil** and add the **chicken**. Cook, tossing, for **4-5 minutes**, or until browned (the **chicken** will finish cooking in step 5).



2 GET PREPPED

While the rice is cooking, finely grate the **ginger**. Peel and crush the **garlic**. Chop the **zucchini** into 1 cm batons. Grate the **carrot** (unpeeled). Roughly chop the **coriander**. Finely slice the **long green chilli** (if using).

TIP: Green chillies are hotter than red ones – deseed it and use less chilli in step 6 for less heat! Chop the **chicken thigh** into 2 cm chunks.



5 FINISH THE SAUCE

Add the **carrot, hoisin sauce and water (for the sauce)** to the pan with the **chicken**. Reduce the heat to medium and simmer for **3-4 minutes**, or until slightly thickened. Stir through the **zucchini**. Season to taste with a **pinch of salt and pepper**.



3 FLAVOUR THE CHICKEN

Add the **ginger and garlic** to a medium bowl and stir through the **soy sauce, honey and olive oil (1 tbs for 2 people / 2 tbs for 4 people)**. Add the **chicken thigh** chunks and toss to coat.



6 SERVE UP

Divide the creamy coconut rice between bowls and top with the Chinese hoisin glazed chicken. Sprinkle over the coriander and top the adults' portions with the long green chilli (if using).

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
basmati rice	2 packets (1 1/2 cups)
light coconut milk	2 tins (330 mL)
water* (for the rice)	2 cups
chicken stock	1 cube
ginger	2 knobs
garlic	2 cloves
zucchini	2
carrot	2
coriander	1 bunch
long green chilli (optional)	1
chicken thigh	1 packet
soy sauce* (or gluten free tamari soy sauce)	2 tsp
honey*	2 tsp
hoisin sauce	2 sachets (100g)
water* (for the sauce)	1/2 cup

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2840kJ (678Cal)	408kJ (97Cal)
Protein (g)	40.8g	5.9g
Fat, total (g)	18.9g	2.7g
- saturated (g)	7.5g	1.1g
Carbohydrate (g)	80.7g	11.6g
- sugars (g)	17.9g	2.6g
Sodium (g)	767mg	110mg

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

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