



CHINESE HOISIN-GLAZED CHICKEN

with Coconut Rice & Asian Greens



Master
coconut rice



Coconut Milk



Basmati Rice



Ginger



Garlic



Carrot



Asian Greens



Coriander



Long Green Chilli
(Optional)



Chicken Thigh



Hoisin Sauce

Hands-on: 25 mins
Ready in: 35 mins

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 coco-nutty creamy rice. We aren't sure who is the real hero in this dish – you decide!

Pantry Staples: Olive Oil, Soy Sauce, Honey

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
• **medium saucepan** • **large frying pan**



1 COOK THE RICE

In a medium saucepan, add the **coconut milk**, **water** and **salt** 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 for another **10 minutes**, or until the rice is tender and the water is absorbed.



2 GET PREPPED

While the rice is cooking, finely grate the **ginger**. Finely grate the **garlic** (or use a garlic press). Cut the **carrot** (unpeeled) into 0.5cm half moons. Roughly chop the **Asian greens**. Roughly chop the **coriander**. Thinly slice the **long green chilli** (if using). Cut the **chicken thigh** into 2cm chunks. **TIP:** Green chillies can be hotter than red ones – deseed the chilli for less heat!



3 FLAVOUR THE CHICKEN

In a medium bowl, combine the **ginger**, **garlic**, **soy sauce**, **honey** and **2 tbs olive oil**. Add the **chicken thigh** chunks and toss to coat.



4 COOK THE CHICKEN

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Once hot, add the **chicken** and cook, tossing, for **5-6 minutes**, or until browned and cooked through. Transfer to a medium bowl.



5 COOK THE VEG

Return the pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **carrot** and cook for **2-3 minutes**, or until just tender. Add the **Asian greens** and **hoisin sauce**. Reduce the heat to medium and simmer for **2 minutes**, or until tender. Return the **chicken** to the pan and stir to coat. Season to taste with **salt** and **pepper**.



6 SERVE UP

Divide the coconut rice between bowls and top with the Chinese hoisin-glazed chicken. Sprinkle with the coriander and the long green chilli (if using).

TIP: For kids, follow our serving suggestion in the main photo!

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
coconut milk	2 tins (330 ml)
water*	2 cups
salt*	½ tsp
basmati rice	2 packets
ginger	2 knobs
garlic	2 cloves
carrot	2
Asian greens	2 bunches
coriander	1 bunch
long green chilli (optional)	1
chicken thigh	1 packet
soy sauce*	2 tsp
honey*	2 tsp
hoisin sauce	2 sachets (150 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3320kJ (793Cal)	570kJ (136Cal)
Protein (g)	42.5g	7.3g
Fat, total (g)	28.1g	4.8g
- saturated (g)	14.0g	2.4g
Carbohydrate (g)	84.7g	14.6g
- sugars (g)	21.4g	3.7g
Sodium (g)	885mg	152mg

For allergens and ingredient information, visit HelloFresh.co.nz/recipes

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

Hello@HelloFresh.co.nz

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