



Thai Seven-Spice Chicken & Broccoli

with Ginger-Coconut Rice

Grab your Meal Kit with this symbol



Ginger



Coconut Milk



Basmati Rice



Broccoli



Carrot



Long Red Chilli (Optional)



Chicken Thigh



Thai Seven Spice Blend



Sweet Chilli Sauce

Hands-on: **25-35** mins
Ready in: **30-40** mins

Spicy (optional long red chilli)

Eat me early

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

Pantry items

Olive Oil, Butter, Plain Flour, Soy Sauce

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash too.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
ginger	1 knob	2 knobs
butter*	20g	40g
coconut milk	1 tin (165ml)	1 tin (400ml)
water* (for the rice)	1 cup	1¼ cups
salt* (for the rice)	¼ tsp	½ tsp
basmati rice	1 packet	2 packets
broccoli	1 head	2 heads
carrot	1	2
long red chilli (optional)	1	2
chicken thigh	1 small packet	1 large packet
Thai seven spice blend	1 sachet	2 sachets
plain flour*	1 tbs	2 tbs
salt* (for the chicken)	¼ tsp	½ tsp
water* (for the veggies)	2 tbs	½ cup
sweet chilli sauce	1 tub (50g)	1 tub (100g)
soy sauce*	2 tsp	1 tbs

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3668kJ (876Cal)	550kJ (131Cal)
Protein (g)	49g	7.3g
Fat, total (g)	32.3g	4.8g
- saturated (g)	18.2g	2.7g
Carbohydrate (g)	86.3g	12.9g
- sugars (g)	18.5g	2.8g
Sodium (g)	1472mg	221mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Cook the ginger-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)**, then 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!



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, until browned and cooked through, **3-4 minutes**. Transfer to a plate.



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).



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, until just tender, **6-7 minutes**. In the last minute of cook time, add the **sweet chilli sauce** and **soy sauce** and toss to coat.



3. Flavour the chicken

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



6. Serve up

Divide the ginger-coconut rice between bowls. Top with the seven-spice chicken and veggies. Garnish with the chilli (if using).

Enjoy!