



Sticky Baked Hoisin Chicken Thighs with Basmati Rice, Roasted Broccoli and Red Onion

Family Eat Me Early • 40-45 Minutes • 1 of your 5 a day

7



Garlic Clove



Red Onion



Broccoli



Hoisin Sauce



Basmati Rice



Chicken Thigh



Sesame Seeds

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, bowl, saucepan, lid, baking tray and frying pan.

Ingredients

	2P	3P	4P
Garlic Clove**	1	2	2
Red Onion**	1	1	2
Broccoli**	½	¾	1
Hoisin Sauce 11)	96g	160g	192g
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Chicken Thigh**	4	6	8
Sesame Seeds 3)	15g	15g	15g
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	450g	100g
Energy (kJ/kcal)	3407 /814	757 /181
Fat (g)	30	7
Sat. Fat (g)	8	2
Carbohydrate (g)	87	19
Sugars (g)	21	5
Protein (g)	48	11
Salt (g)	2.47	0.55

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 11) Soya

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Prepped

Preheat your oven to 200°C. Peel and grate the **garlic** (or use a garlic press). Halve, peel and chop the **red onion** into 8 wedges. Cut the **broccoli** into **florets** (like small trees). Halve any large **florets**. In a small bowl, mix the **hoisin sauce** with the **garlic**, then set aside.



Toast the Seeds

Meanwhile, heat a medium frying pan on medium heat (no oil). Once hot, add the **sesame seeds** and dry-fry, stirring regularly, until lightly toasted, 2-3 mins. **TIP: Watch them like a hawk as they can burn easily.** Once toasted, transfer to a small bowl and set aside.



Cook the Rice

Pour the **cold water for the rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid. Stir in the **rice** and **¼ tsp salt** and bring to the boil on medium-high heat. Once boiling, turn the heat down to medium and cover with the lid. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Sauce Things Up

Just before the **chicken** is roasted, return your (now empty) frying pan to medium heat and pour in the **hoisin mix** and **water for the sauce** (see ingredients for amount). Bring to a simmer and allow to bubble away until slightly thickened, 2-3 mins. When the **chicken** is cooked, transfer the **thighs** to the frying pan and turn to coat in the **sauce** until glossy, 1-2 mins. **TIP: Add a splash of water if it's a little dry.**



Time to Traybake

Pop the **chicken**, **broccoli** and **red onion** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss the **veg** to coat. When the oven is hot, roast on the middle shelf until the **chicken** is cooked through and **veg** is tender, 16-18 mins. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.**



Finish and Serve

When everything is ready, fluff up the **rice** with a fork and divide between your plates. Top with the **glazed chicken thighs**, **roasted onion** and **broccoli**. Spoon over the remaining **hoisin sauce** from the pan and scatter over the **toasted sesame seeds** to finish.

Enjoy!