



STICKY CHICKEN

with Brown Rice

Look for this colour on your recipe kit!



Make a sticky sauce



Brown Rice



Free-Range Chicken Thigh



Carrot



Garlic



Birdseye Chilli (Optional)



Green Beans



Spring Onion



Lime

Pantry Staples



Olive Oil



Water



Soy Sauce



Brown Sugar



Fish Sauce

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

Eat me early

Spicy (Birdseye chilli optional)

This sticky chicken is finger lickin' good fun, and an absolute weeknight winner. The crafty combination of brown sugar, soy sauce and birdseye chilli will transform your tender chicken into sticky morsels bursting with flavour. Licking the plate clean is highly encouraged!

BEFORE YOU START

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



1 COOK THE BROWN RICE

Rinse the **brown rice** well. Bring the rice and the **water (for the rice)** to the boil in a medium saucepan over a high heat. Reduce the heat to medium and simmer, covered, for **25-30 minutes**, or until the rice is soft. Drain and return to the saucepan. Cover with a lid and keep warm.



2 GET PREPPED

Cut the **free-range chicken thigh** into 3 cm chunks. Slice the **carrot** (unpeeled) into 5 mm thick batons. Peel and crush the **garlic**. Deseed and finely chop the **birdseye chilli (if using)**. **TIP:** These small red chillis are very, very hot (hotter than a long red chilli)! Make sure you remove the seeds and white pith when deseeding the chilli. The pith is actually the hottest part! If you like heat, leave it in for an extra kick.



3 COOK THE CHICKEN

Heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Add the **chicken** and cook, turning, for **2-3 minutes**, or until browned. Add the **carrot** and cook, stirring, for **5 minutes**, or until softened slightly. Add the **garlic** and the **birdseye chilli (if using)** and cook for **1 minute**, or until fragrant. Stir in the **soy sauce**, season with a **pinch of pepper** and cover with a lid. Reduce the heat to low and simmer for **5 minutes**, stirring occasionally.



4 CONTINUE PREPPING

While the chicken is cooking, trim the ends of the **green beans** and cut into thirds. Finely slice the **spring onion**. Slice the **lime** into wedges.



5 FINISH THE CHICKEN

Add the **brown sugar** and **green beans** to the pan with the chicken and stir to combine. Increase the heat to medium-high and cook, uncovered, for **3-4 minutes** or until the sauce is thick and syrupy and the beans are tender. Stir through the **fish sauce** and $\frac{1}{2}$ of the **spring onion** and remove from the heat.



6 SERVE UP

Divide the brown rice and the sticky chicken between plates. Sprinkle over the remaining spring onion and serve with the lime wedges on the side.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brown rice	1 packet (¾ cup)	2 packets (1 ½ cups)
water* (for the rice)	3 cups	6 cups
free-range chicken thigh	1 packet	1 packets
carrot	2	4
garlic 🌱	1 clove	2 cloves
birdseye chilli 🌶️ (optional)	1	2
soy sauce*	¼ cup	½ cup
green beans	1 packet	2 packets
spring onion 🌱	1 bunch	2 bunches
lime	1	2
brown sugar*	3 tbs	6 tbs
fish sauce*	1 tsp	2 tsp

*Pantry Items | 🌱 This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2990kJ (715Cal)	453kJ (108Cal)
Protein (g)	42.7g	6.5g
Fat, total (g)	18.3g	2.8g
- saturated (g)	4.4g	0.7g
Carbohydrate (g)	90.6g	13.7g
- sugars (g)	34.6g	5.2g
Sodium (g)	1680mg	254mg

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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2017 | WK27 | C3

