



SWEET CHILLI GLAZED CHICKEN THIGHS

with Garlic-Ginger Rice & Veggie Stir-Fry



Make crispy chicken thighs by tossing in flour



Garlic



Ginger



Basmati Rice



Chicken Thigh



Sweet Chilli Sauce



Carrot



Sugar Snap Peas



Asian Greens



Lime



Crushed Peanuts

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

1 Eat me early

Every bite of this tasty meal is infused with flavour - from the steamed rice with garlic and ginger, to the zesty stir-fried veggies to baked chicken with a sweet chilli glaze. Dive in to a bowl of delicious delights!

Pantry Staples: Olive Oil, Butter, Plain Flour, Soy Sauce

BEFORE YOU START

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



1 COOK THE GARLIC-GINGER RICE

Preheat the oven to **240°C/220°C fan-forced**. Finely chop the **garlic** (or use a garlic press). Finely grate the **ginger**. In a medium saucepan, melt the **butter** with a **dash of olive oil** over a medium heat. Add the garlic and ginger and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and **1/2 the salt** and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove 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 PREP THE VEGGIES

While the chicken is baking, thinly slice the **carrots** (unpeeled) into half-moons. Trim and halve the **sugar snap peas**. Roughly chop the **Asian greens**. Cut the **lime** into wedges.



2 COOK THE CHICKEN

While the rice is cooking, combine the **plain flour**, **remaining salt**, a **pinch of pepper** and the **chicken thighs** in a medium bowl. Toss to coat. In a large frying pan, heat a **generous drizzle of olive oil** over a high heat. When the oil is hot, add the chicken thighs and cook until golden, **2 minutes** each side. Transfer to an oven tray lined with baking paper. **TIP:** *Add more oil if needed. If your pan is getting crowded, cook in batches for the best results.*



5 STIR-FRY THE VEGGIES

Wipe out the frying pan and return to a high heat with a **drizzle of olive oil**. Add the **carrot** and cook, tossing occasionally, until softened, **3-4 minutes**. Reduce the heat to medium, add the **Asian greens**, **sugar snap peas** and **soy sauce** and cook until tender, **2 minutes**. Season with a **pinch of salt** and **pepper**. Stir through a **generous squeeze of lime juice**.



3 BAKE THE CHICKEN

Spread the **sweet chilli sauce** over the **chicken thighs** using the back of a spoon and bake until cooked through, **8-12 minutes** (depending on the size of the fillets). Set aside to rest. **TIP:** *Chicken is cooked through when it is no longer pink inside.*



6 SERVE UP

Thickly slice the chicken. Divide the garlic-ginger rice, sweet chilli chicken and stir-fried veggies between plates. Spoon over any juices from the baking tray and sprinkle with the **crushed peanuts**.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
ginger	1 knob	2 knobs
butter*	20g	40g
basmati rice	1 packet	2 packets
water*	1½ cups	3 cups
salt*	½ tsp	1 tsp
plain flour*	4 tsp	2 ½ tbs
chicken thigh	1 packet	1 packet
sweet chilli sauce	1 tub (50 g)	1 tub (100 g)
carrot	1	2
sugar snap peas	1 bag (100 g)	2 bags (200 g)
Asian greens	1 bunch	2 bunches
lime	½	1
soy sauce*	1 tsp	2 tsp
crushed peanuts	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3270kJ (780Cal)	683kJ (163Cal)
Protein (g)	43.9g	9.2g
Fat, total (g)	29.0g	6.1g
- saturated (g)	10.4g	2.2g
Carbohydrate (g)	83.7g	17.5g
- sugars (g)	16.8g	3.5g
Sodium (g)	1070mg	225mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

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