

Sweet & Sticky Chicken

with Garlic-Ginger Rice & Veggie Stir-Fry

Grab your Meal Kit with this symbol



Garlic



Ginger



Basmati Rice



Southeast Asian Spice Blend



Chicken Thigh



Sweet Chilli Sauce



Carrot



Broccoli



Lime



Roasted Peanuts

 Hands-on: **30-40 mins**
Ready in: **35-45 mins**

 Naturally gluten-free
Not suitable for Coeliacs

 Eat me early

Brighten up your night with this bowl of delicious delights. Start with a bed of fluffy garlic-ginger rice, then load it up with zesty stir-fried veggies, baked chicken thighs in a sweet chilli glaze and a sprinkling of crushed peanuts.

Pantry items

Olive Oil, Butter, Plain Flour (or Gluten-Free Plain Flour)

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.

You will need

Medium saucepan with a lid · Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
ginger	1 knob	2 knobs
butter*	1 tbs	2 tbs
basmati rice	1 packet	2 packets
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
plain flour* (or gluten-free plain flour)	½ tbs	1 tbs
Southeast Asian Spice Blend	1 sachet	2 sachets
chicken thigh	1 small packet	1 large packet
sweet chilli sauce	1 packet (50g)	1 packet (100g)
carrot	1	2
broccoli	1 head	2 heads
lime	½	1
roasted peanuts	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3779kJ (903Cal)	610kJ (145Cal)
Protein (g)	51g	8.2g
Fat, total (g)	36.4g	5.9g
- saturated (g)	10.8g	1.7g
Carbohydrate (g)	84.8g	13.7g
- sugars (g)	20g	3.2g
Sodium (mg)	973mg	157mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit 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 garlic-ginger rice

Preheat the oven to **240°C/220°C fan-forced**. Finely chop the **garlic**. 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 the **salt**, stir 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 **carrot** (unpeeled) into half-moons. Cut the **broccoli** into small florets, then roughly chop the stalk. Cut the **lime** into wedges.

2



Fry the chicken

While the rice is cooking, combine the **plain flour**, **Southeast Asian spice blend** and the **chicken thigh** in a medium bowl. Season with pepper and toss to coat. Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. When the oil is hot, cook the **chicken** until golden, **2 minutes** each side (cook in batches if your pan is getting crowded). Transfer to an oven tray lined with baking paper.

TIP: Add more oil if necessary to prevent the chicken sticking to the pan.

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**, **broccoli** and a splash of **water** and cook, tossing occasionally, until just softened, **5-6 minutes**. Season with **salt** and **pepper** and stir through a generous squeeze of **lime juice**.

3



Bake the chicken

Using the back of a spoon, spread the **sweet chilli sauce** over the **chicken thigh** and bake until cooked through, **8-12 minutes** (depending on thickness).

TIP: Chicken is cooked through when it's no longer pink inside.

6



Serve up

Slice the chicken. Divide the garlic-ginger rice, sweet and sticky chicken thighs and veggie stir-fry between plates. Spoon over any juices from the baking tray and sprinkle with the **roasted peanuts**.

Enjoy!