



Thai-Spiced Chicken & Broccoli

with Ginger-Coconut Rice

Grab your Meal Kit with this symbol



Ginger



Coconut Milk



Basmati Rice



Broccoli



Carrot



Long Green Chilli (Optional)



Chicken Thigh



Thai Seven Spice Blend



Sweet Chilli Sauce



Crispy Shallots



Black Sesame Seeds

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

Spicy (optional long green 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, 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.

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
coconut milk	1 tin (165ml)	1 tin (400ml)
water* (for the rice)	¾ cup	1½ cups
salt* (for the rice)	¼ tsp	½ tsp
basmati rice	1 packet	2 packets
broccoli	1 head	2 heads
carrot	1	2
long green chilli (optional)	½	1
chicken thigh	1 packet	1 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)	2½ tbs	½ cup
sweet chilli sauce	1 packet (50g)	1 packet (100g)
soy sauce*	2 tsp	4 tsp
crispy shallots	1 packet	2 packets
black sesame seeds	1 sachet	2 sachets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3500kJ (837Cal)	600kJ (143Cal)
Protein (g)	45.9g	7.9g
Fat, total (g)	30.2g	5.2g
- saturated (g)	14.7g	2.5g
Carbohydrate (g)	85.9g	14.7g
- sugars (g)	17.5g	3.0g
Sodium (g)	1440mg	247mg

Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/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

Slice the **ginger** (unpeeled) in half. In a medium saucepan, combine the **coconut milk**, **water (for the rice)** and **salt (for the rice)** and bring to the boil. Add the **basmati rice** and **ginger**, 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!



2. Get prepped

While the rice is cooking, cut the **broccoli** into small florets, then roughly chop the stalk. Thinly slice the **carrot** (unpeeled) into rounds. Thinly slice the **long green chilli** (see ingredients list), if using.



3. Season 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.



4. Cook the chicken

In a large frying pan, heat a **drizzle of olive oil** over a high heat. Add the **chicken** and cook, tossing regularly, until browned and cooked through, **3-4 minutes**. Transfer to a plate and cover to keep warm.

TIP: The chicken is cooked when it's no longer pink inside.



5. Cook the veggies

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **broccoli** and **carrot** to the pan with the **water (for the veggies)** and cook, tossing regularly, until just tender, **6-7 minutes**. In the last **1 minute** of cook time, add the **sweet chilli sauce** and **soy sauce** to the pan and toss to coat. Remove the **ginger** from the rice and discard. Season the **rice** with **pepper**.



6. Serve up

Divide the ginger-coconut rice between bowls. Top with the Thai-spiced chicken and sweet chilli veggies. Garnish with the **crispy shallots**, **black sesame seeds** and the chilli (if using).

Enjoy!