



Thai Spiced Chicken

with Coconut, Rice and Spinach



HELLO CORIANDER

Know a Coriander 'hater'? Around 14% of people carry a gene which makes this herb taste soapy to them.



Coriander



Lime



Diced Chicken Breast



Thai Spice Blend



Basmati Rice



Chicken Stock Powder



Desiccated Coconut



Soy Sauce



Honey



Baby Spinach

MEAL BAG

35 mins

Gangal, lemongrass, kaffir lime and sesame are just four of the ten ingredients that make up our special Thai spice blend. In this recipe, we've coated the chicken in this tasty spice before pan-frying until golden. To keep the flavours light and fresh, spinach is added to the chicken and cooked through until wilted, before serving everything up on a bed of coconutty coriander rice. Finish off with a drizzle of the soy and honey sauce and tuck in.

2

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater**, **Mixing Bowl**, **Measuring Jug**, **Large Saucepan** (with a **Lid**), and **Frying Pan**. Now, let's get cooking!



1 DO THE PREP

Put your kettle on to onto boil. Roughly chop the **coriander** (stalks and all). Zest then halve the **lime**.



2 MARINATE THE CHICKEN

Pop the **diced chicken** into a mixing bowl and season with **salt**. Add a glug of **oil**, **half** of the **Thai spice blend** and a good pinch of **lime zest**. Rub the flavourings into the **meat** and keep to one side, we will cook it later.
! IMPORTANT: Remember to wash your hands after handling raw meat!



3 COOK THE RICE

Pour the **water** (see ingredients for amount) into a large saucepan and bring to the boil. Once boiling, stir in the remaining **Thai spice blend**, the **stock powder** and **basmati rice**, lower the heat to medium and pop a lid on the pan. 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).



4 TOAST THE COCONUT

Meanwhile, put a frying pan on medium heat and add the **desiccated coconut** (no **oil**). Toast, tossing or stirring frequently for 2-3 mins. Be careful, it burns easily! Transfer to a small bowl. Return the pan to medium-high heat with a drizzle of **oil** and add the **diced chicken** and **marinade**. Fry until golden, stirring occasionally, 5-6 mins.



5 MAKE THE SAUCE

In another small bowl, mix the **soy sauce** and **honey**, with **half** the remaining **lime zest** and all the **juice**. Stir in **half** the **coriander** and the **olive oil** (see ingredients for amount). Set aside. Add the **spinach** to the **chicken** and stir-fry for 2 mins. Add a splash of **water**. Cook until the **leaves** are wilted and the **chicken** is cooked through, 2-3 mins. **! IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



6 FINISH AND SERVE

Fluff up the **rice** with a fork and stir in the remaining **lime zest** and **coriander** and **half** the **toasted coconut**. Season to taste with **salt** if needed. Share the **rice** between your bowls and drizzle on **half** of the **sauce**. Season the **spinach** and **chicken** to taste with **salt** and **pepper**, then place on the **rice**. Drizzle over the remaining **sauce** and finish with the rest of the **toasted coconut**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Coriander	1 bunch	1 bunch	1 bunch
Lime	1	1½	2
Diced Chicken Breast	280g	420g	560g
Thai Spice Blend 3)	1 small pot	¾ large pot	1 large pot
Basmati Rice	150g	225g	300g
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Desiccated Coconut	1 sachet	1½ sachets	2 sachets
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Honey	½ sachet	¾ sachet	1 sachet
Baby Spinach	1 small bag	1 small bag	1 large bag
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Water*	300ml	450ml	600ml

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 359G	PER 100G
Energy (kJ/kcal)	2655 / 635	740 / 177
Fat (g)	21	6
Sat. Fat (g)	10	3
Carbohydrate (g)	66	18
Sugars (g)	6	2
Protein (g)	44	12
Salt (g)	2.67	0.75

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

3) Sesame 11) Soya 13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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