



Thai-Style Sweet Chili Chicken

with Cilantro-Lime Rice

Spicy

Quick

25 Minutes



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!



Chicken Thighs



Chicken Breasts



Zucchini



Sweet Chili Sauce



Basmati Rice



Cornstarch



Soy Sauce



Chili Garlic Sauce



Cilantro



Carrot, julienned



Lime



Onion, chopped

HELLO CILANTRO

This versatile herb has a citrusy twist!

Start here

Before starting, wash and dry all produce.

Heat Guide for Step 3 (dbl for 4 ppl):

- Mild: ½ tsp
- Medium: 1 tsp
- Spicy: 2 tsp
- Extra-spicy: 1 tbsp

Bust out

2 medium bowls, measuring spoons, zester, medium pot, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Thighs	280 g	560 g
Chicken Breasts	2	4
Zucchini	200 g	400 g
Sweet Chili Sauce	4 tbsp	8 tbsp
Basmati Rice	¾ cup	1 ½ cups
Cornstarch	1 tbsp	2 tbsp
Soy Sauce	2 tbsp	4 tbsp
Chili Garlic Sauce	1 tbsp	2 tbsp
Cilantro	7 g	7 g
Carrot, julienned	56 g	113 g
Lime	1	2
Onion, chopped	56 g	113 g
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



Cook rice

- Add **1 ¼ cups water** and **½ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to low.
- Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



Cook veggies

- Heat the same pan over medium-high.
- When hot, add **1 tsp oil** (dbl for 4 ppl), then **onions** and **zucchini**. Cook, stirring often, until **veggies** soften slightly, 2-3 min.
- Add **carrots**. Cook, stirring occasionally, until **veggies** are tender-crisp, 3-4 min.
- Season with **salt** and **pepper**.



Prep

- Meanwhile, zest **lime**. Juice **half the lime**, then cut **remaining lime** into wedges.
- Halve **zucchini** lengthwise, then cut into ¼-inch-thick half-moons.
- Roughly chop **cilantro**.
- Pat **chicken** dry with paper towels. Cut into 1-inch pieces. Add **chicken** and **half the cornstarch** to a medium bowl. Season with **salt** and **pepper**, then toss to coat.

If you've opted to get **chicken breasts**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken thighs**.



Finish chicken

- Add **chicken and sauce** to the pan with **veggies**. Bring to a simmer.
- Simmer, stirring often, until **sauce** thickens slightly, 1-2 min.
- Season with **salt** and **pepper**, to taste.



Cook chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Cook, stirring occasionally, until golden-brown and cooked through, 6-8 min. **
- Meanwhile, stir together **sweet chili sauce**, **soy sauce**, **lime juice**, **remaining cornstarch**, **3 tbsp water** (dbl for 4 ppl) and **chili garlic sauce** in another medium bowl. (NOTE: Reference heat guide for chili garlic sauce.)
- When **chicken** is cooked through, transfer to the bowl with **sauce**.



Finish and serve

- Add **lime zest** and **half the cilantro** to the pot with **rice**. Season with **salt**, to taste, then fluff with a fork to combine.
- Divide **rice** between plates. Top with **chicken and veggies**. Spoon **any remaining sauce** in the pan over top.
- Sprinkle with **remaining cilantro**.
- Squeeze a **lime wedge** over top, if desired.

Dinner Solved!