



Thai-Style Sweet Chilli Chicken

with Coconut Rice & Pickled Onion

Grab your Meal Kit with this symbol 



Coconut Milk



Jasmine Rice



Ginger



Garlic



Kaffir Lime Leaves



Chicken Thigh



Sweet Chilli Sauce



Red Onion



Carrot



Green Beans



Coriander



Baby Spinach Leaves

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

 Low Calorie

 Eat me early

This meal comes alive with the fantastic flavours of sweet chilli, kaffir lime and ginger, plus the richness of coconut rice. We've used chicken thigh here because it's extra-tasty and remains moist as it cooks.

Pantry items

Olive Oil, Soy Sauce, Rice Wine Vinegar (or White Wine Vinegar), Sugar

Before you start

Our fruit and veggies need a little wash first!

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
coconut milk	1 tin (165ml)	1 tin (400ml)
water* (for the rice)	¾ cup	1½ cup
salt*	¼ tsp	½ tsp
jasmine rice	1 packet	2 packets
ginger	1 knob	2 knobs
garlic	2 cloves	4 cloves
kaffir lime leaves	2 leaves	4 leaves
chicken thigh	1 packet	1 packet
soy sauce*	1½ tbs	3 tbs
sweet chilli sauce	1 tub (50g)	1 tub (100g)
red onion	½	1
rice wine vinegar* (or white wine vinegar)	¼ cup	½ cup
sugar*	pinch	pinch
carrot	1	2
green beans	1 bag (100g)	1 bag (200g)
coriander	1 bag	1 bag
baby spinach leaves	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2250kJ (539Cal)	421kJ (101Cal)
Protein (g)	40.0g	7.5g
Fat, total (g)	16.7g	3.1g
- saturated (g)	7.8g	1.5g
Carbohydrate (g)	51.9g	9.7g
- sugars (g)	18.4g	3.4g
Sodium (g)	1220mg	229mg

Allergens

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)



1. Make the coconut rice

In a medium saucepan, combine the **coconut milk**, **water (for the rice)** and the **salt** and bring to the boil over a high heat. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the liquid is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



4. Cook the veggies

Thinly slice the **carrot** (unpeeled) into half-moons. Trim and halve the **green beans**. Roughly chop the **coriander**. In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **carrot and green beans** and cook until softened, **4-5 minutes**. Add the **baby spinach leaves** and cook until wilted, **1-2 minutes**. Season with **salt and pepper**, then transfer to a bowl and cover to keep warm.



2. Flavour the chicken

While the rice is cooking, finely grate the **ginger**. Finely grate the **garlic** (or use a garlic press). Remove the centre veins from the **kaffir lime leaves**, then very finely chop. Cut the **chicken thigh** into 2cm chunks. In a medium bowl, combine the **ginger, garlic, kaffir lime, soy sauce and sweet chilli sauce**. Add the **chicken** and toss to coat. Set aside to marinate.

TIP: Kaffir lime leaves have a fibrous texture, so you want to cut them very finely!



5. Cook the chicken

Return the frying pan to a high heat with a **drizzle of olive oil**. When the oil is hot, use tongs to add the **chicken** to the pan, allowing the excess marinade to drip back into the bowl. Cook, tossing, until browned and cooked through, **3-4 minutes**. Add any leftover marinade to the frying pan and heat until bubbling. Remove from the heat.



3. Pickle the onion

Thinly slice the **red onion** (see ingredients list). In a small bowl, combine the **rice wine vinegar** and a **good pinch of sugar and salt**. Scrunch the **onion** in your hands, then add to the pickling liquid. Add enough **water** to cover, then stir to combine. Set aside until serving.



6. Serve up

Drain the pickled onion. Divide the coconut rice between bowls and top with the Thai-style sweet chilli chicken and veggies. Spoon over any sauce remaining in the pan and garnish with the pickled onion and coriander.

TIP: For the low-calorie option, serve with 1/2 the coconut rice.

Enjoy!