



Coconut, Lemongrass & Ginger Chicken

with Asian Sesame Veggies & Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Carrot



Lemon



Asian Greens



Green Beans



Chicken Thigh



Ginger & Lemongrass Paste



Coconut Milk



Chicken-Style Stock Powder



Coriander



Crushed Roasted Cashews

Hands-on: **25-35 mins**
Ready in: **35-45 mins**

Eat Me Early

Asian cuisine comes together in a flash tonight. The secret? We've doubled up on superstar ingredients, with an aromatic ginger-lemongrass coconut sauce and garlic rice so it smells and tastes like a tropical holiday.

Pantry items

Olive Oil, Butter, Sesame Oil, Brown Sugar, 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
garlic	3 cloves	6 cloves
butter*	20g	40g
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
carrot	1	2
lemon	½	1
Asian greens	1 head	2 heads
green beans	1 bag (100g)	1 bag (200g)
sesame oil*	½ tbs	1 tbs
chicken thigh	1 packet	1 packet
ginger & lemongrass paste	1 packet	1 packet
coconut milk	1 tin (200ml)	1 tin (400ml)
brown sugar*	½ tbs	1 tbs
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
soy sauce*	1 tbs	2 tbs
coriander	1 bag	1 bag
crushed roasted cashews	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3824kJ (914Cal)	580kJ (139Cal)
Protein (g)	49.6g	7.5g
Fat, total (g)	41.5g	6.3g
- saturated (g)	25.1g	3.8g
Carbohydrate (g)	85.2g	12.9g
- sugars (g)	13g	2g
Sodium (mg)	1167mg	177mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add the **basmati rice**, the **water** and a pinch of **salt**, stir, then 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!



Cook the chicken

Season the **chicken thigh**. Wipe out the frying pan, then return to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken** until cooked through, **10-14 minutes** each side (cook in batches if your pan is getting crowded). Transfer to a plate.

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



Get prepped

While the rice is cooking, thinly slice the **carrot** into half-moons. Cut the **lemon** into wedges. Roughly chop the **Asian greens**. Trim and halve the **green beans**.



Make the sauce

Return the frying pan to a medium heat with a drizzle of **olive oil**. Cook the **ginger & lemongrass paste** until fragrant, **1 minute**. Add the **coconut milk**, **brown sugar**, **chicken-style stock powder**, a squeeze of **lemon juice** and the **soy sauce**. Cook until slightly thickened, **3-4 minutes**. Return the **chicken** (plus any resting juices) to the pan and turn to coat. Season to taste.

TIP: Cover the pan with a lid if the paste starts to spatter!



Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **carrot** and **green beans**, tossing, until softened, **4-5 minutes**. Add the **Asian greens**, **sesame oil** and remaining **garlic** and cook until fragrant, **1-2 minutes**. Transfer the **veggies** to a bowl, season with **salt** and **pepper** and cover to keep warm.



Serve up

Divide the garlic rice between bowls. Top with the Asian sesame veggies and coconut, lemongrass and ginger chicken, spooning over the sauce from the pan. Tear over the **coriander** and garnish with **crushed roasted cashews**. Serve with any remaining lemon wedges.

Enjoy!