Thai-Spiced Chicken & Broccoli

with Ginger-Coconut Rice

Grab your Meal Kit with this symbol







Ginger







Basmati Rice



Carrot







Chicken Thigh



Thai Seven Spice Blend



Sweet Chilli Sauce



Crispy Shallots



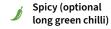
Black Sesame Seeds

Pantry items

Olive Oil, Plain Flour, Soy Sauce



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



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
refer to method	refer to method
1 knob	2 knobs
1 tin (165ml)	1 tin (400ml)
¾ cup	1⅓ cups
1/4 tsp	½ tsp
1 packet	2 packets
1 head	2 heads
1	2
1/2	1
1 packet	1 packet
1 sachet	2 sachets
1 tbs	2 tbs
1/4 tsp	½ tsp
2½ tbs	⅓ cup
1 packet (50g)	1 packet (100g)
2 tsp	4 tsp
1 packet	2 packets
1 sachet	2 sachets
	refer to method 1 knob 1 tin (165ml) 3/4 cup 1/4 tsp 1 packet 1 head 1 1/2 1 packet 1 sachet 1 tbs 1/4 tsp 2 1/2 tbs 1 packet (50g) 2 tsp 1 packet

^{*}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 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!