



ASIAN CHICKEN

with Stir-Fried Kale and Coconut



HELLO COCONUT

Spanish explorers thought the three holes in a coconut shell resembled a goblin's face which is what 'coco' means!



Water for the Rice



Chicken Stock Pot



Basmati Rice



Ginger



Garlic Clove



Lime



Coriander



Chicken Breast



Desiccated Coconut



Water for the Chicken



Ketjap Manis



Olive Oil



Kale



Soy Sauce

45 mins

1 of your 5 a day

Poaching chicken keeps it super tender and juicy. Today we'll be combining it with fluffy rice, golden toasted coconut and a zingy soy and lime dressing. Add some lovely, green kale - undisputed leafy veg of the moment - for a plateful that's as healthy as it is delicious!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug, Large Saucepan** (with a **Lid**), **Fine Grater** (or **Garlic Press**), **Mixing Bowl, Frying Pan, Ovenproof Dish** and some **Foil**. Now, lets get cooking!



1 COOK THE RICE

Preheat your oven to 200°C. Boil the **water for the rice** (amount specified in the ingredient list) in a large saucepan over high heat. Stir in half the **chicken stock pot** and add the **basmati rice**. Lower the heat to medium. Cook the **rice** for 10 mins with the lid on (or use some foil). After 10 mins, remove the pan from the heat and leave the **rice** for another 10 mins to finish cooking in its own steam.



2 PREP THE CHICKEN

While the **rice** is cooking, peel and grate the **ginger** and **garlic** (or use a garlic press) and zest the **lime**. Pick the **coriander leaves** from their **stalks**, roughly chop the **leaves** and finely chop the **stalks** (keep separate). Put the **chicken breasts** in a mixing bowl with half the **ginger**, half the **garlic**, all the **lime zest** and all the **coriander stalks**. Season with a generous pinch of **salt** and **black pepper**.



3 TOAST THE COCONUT

Put a frying pan on medium heat and add the **desiccated coconut** (no **oil**). Toast until golden, 4-5 mins, stirring frequently. Transfer the **coconut** to a small bowl and return the pan to high heat with a splash of **oil**. Add the **chicken** and cook until nicely browned, 2 mins on each side. Transfer the **chicken** to an ovenproof dish.



4 COOK THE CHICKEN

Add the remaining **stock pot** to the frying pan, along with the **water for the chicken** (amount specified in the ingredient list). Bring to a boil and stir to dissolve the **stock pot**. Pour into the ovenproof dish. Wrap the dish tightly with foil and pop it on the top shelf of your oven for 16-18 mins. ★ **TIP:** *The chicken is cooked when it is no longer pink in the middle.* Rinse out the frying pan - we'll use it later for the kale!



5 STIR-FRY THE KALE

While the **chicken** cooks, cut the **lime** in half and squeeze the **juice** into a bowl. Mix in the **ketjap manis**, **coriander leaves** and **olive oil** (amount specified in the ingredient list). This is the dressing. Pop your frying pan back on high heat and add a splash of **oil**. Stir-fry the **kale** for 2 mins. Then add the remaining **ginger** and **garlic** with a splash of **water**. Put the lid on and cook for another 2-3 mins. When done, pour the **soy sauce** over the **kale**.



6 FINISH AND SERVE

Fluff the **rice** up with a fork. Spoon a generous amount into the centre of your bowls and make a well in the middle. Fill each well with **kale** and sprinkle over the **toasted coconut**. Carefully remove the **chicken** from its **stock** and cut each **breast** into six slices. Stir 2 tsp per person of the **chicken's** cooking liquid into the **dressing**. Pop the **chicken** slices on top of the **kale** and finish with the **dressing**. **Enjoy!**

2 PEOPLE INGREDIENTS

Water for the Rice*	300ml
Chicken Stock Pot	1
Basmati Rice	150g
Ginger, grated	1 knob
Garlic Clove, grated	2
Lime	1
Coriander, chopped	1 bunch
Chicken Breast	2
Desiccated Coconut	25g
Water for the Chicken*	150ml
Ketjap Manis 1) 6)	1½ tbsp
Olive Oil*	1 tbsp
Kale	1 bag
Soy Sauce 1) 6)	1½ tbsp

*Not Included

NUTRITION PER SERVING PER 100G

Energy (kcal)	682	170
(kJ)	2879	719
Fat (g)	20	5
Sat. Fat (g)	9	2
Carbohydrate (g)	76	19
Sugars (g)	17	4
Protein (g)	49	12
Salt (g)	5.45	1.36

ALLERGENS

1) Gluten 6) Soya

Soy Sauce Ingredients: Water, Soybeans, Salt, Sugar, Wheat Flour, Preservative E211, Food Colouring E150d

Ketjap Manis Ingredients: Brown Sugar, Dark Soy Sauce (Soya, Gluten), Water, Molasses, Tapioca Starch, Garlic Puree, Ginger Puree, Preservative: Potassium Sorbate, Anise Star.

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract.

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

You made this, now show it off! Share your creations with us:

#HelloFreshSnaps