



# COCONUT CHILLI CHICKEN

with Stir Fried Mushroom Jasmine Rice



## HELLO GARLIC

After preparing garlic, rubbing your hands on a stainless steel spoon can help get rid of the smell.



Coconut and Chilli Chicken Breast



Jasmine Rice



Closed Cup Mushrooms



Garlic



Spring Onion



Lime



Ketjap Manis

MEAL BAG

20 mins

Rapid recipe

1.5 of your 5 a day

Little heat

Fresh, flavoursome and ready in just 20 minutes, our coconut chicken recipe is the perfect thing for busy evenings. Pre-marinated in a coconut and chilli sauce, the chicken is pan-fried quickly on each side before being finished off in the oven - the aromas in this dish will have your kitchen smelling amazing! Served up with stir fried mushroom rice, fresh wedges of lime and spring onions, this dish brings big flavours in no time at all - enjoy!

GET **PREPARED!**

Preheat your oven to 220°C.

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# BEFORE YOU START

- 🔥 Preheat your oven to **220°C**.
- 🧼 Wash the veggies.
- 🍴 Make sure you've got a **Saucepan, Large Frying Pan, Baking Tray, Sieve** and **Fine Grater**. Let's start cooking the **Coconut Chilli Chicken with Stir-Fried Mushroom Jasmine Rice**



## 1 FRY THE CHICKEN

- Bring a saucepan of **water** to the boil. Heat a large frying pan on medium high heat (no oil).
- Once hot, add the **marinated chicken breast**. Fry until browned, about 3 mins each side. Transfer to a baking tray and roast until cooked through, 12-15 mins. Keep the pan! **IMPORTANT: The chicken is cooked when it is no longer pink in the middle!**
- Once the **chicken** is cooked, remove from the oven and pop on a board to rest.



## 4 FRY THE VEG

- Wash out your frying pan if there are any burnt bits.
- Pop the pan back on medium high heat with a drizzle of **oil**.
- Add the **mushrooms**, a pinch of **salt** and **pepper**. Stir fry until golden, 3-4 mins. Add the **garlic**, stir-fry for another minute.



## 2 COOK THE RICE

- Meanwhile, when boiling, add the **rice** to the water and cook until tender, 10-12 mins.
- Drain in a sieve.



## 5 ADD THE RICE

- Add the drained **rice** to the frying pan with the **mushrooms**.
- Add the **ketjap manis**, **lime zest** and a squeeze of **lime juice**.
- Stir fry until everything is piping hot.
- Taste and add **salt**, **pepper** and more **lime juice** if you want.



## 3 VEG TIME!

- While everything cooks, slice your **mushrooms**.
- Peel and grate the **garlic** (or use a garlic press).
- Trim and finely slice the **spring onion**.
- Zest and halve the **lime**.



## 6 SERVE AND ENJOY!

- Spoon the **rice** into bowls. Slice up the **chicken** and serve on top of the **rice**.
- Sprinkle over the **spring onions**.
- Chop the remaining **lime** into wedges and serve alongside.

Enjoy!

# 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Coconut and Chilli Chicken Breast *	2	3	4
Jasmine Rice	150g	225g	300g
Closed Cup	1 small	1 large	2 small
Mushrooms *	1 punnet	1 punnet	2 punnets
Garlic Clove *	1	2	2
Spring Onion *	1	2	2
Lime *	1	1	2
Ketjap Manis 11) 13)	1 sachet	1½ sachets	2 sachets

\*Not Included

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 348G	PER 100G
Energy (kJ/kcal)	2048/ 490	589/ 141
Fat (g)	5	1
Sat. Fat (g)	1	1
Carbohydrate (g)	70	20
Sugars (g)	10	3
Protein (g)	39	11
Salt (g)	1.49	0.43

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

11) Soya 13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

### 👍 THUMBS UP OR THUMBS DOWN?

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