

# HELLO Lemongrass and Coconut Chicken with Lime Basmati Rice

Quick

25 Minutes

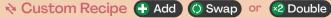


Chicken Thighs \* 280 g | 560 g









If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🎥





Chicken Tenders 340 g | 680 g







1 tbsp | 2 tbsp

1 | 2







2 tbsp | 4 tbsp





1tsp | 2tsp



Sweet Bell Pepper 1 | 2



Allengens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information. Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

### Cook rice

- · Before starting, wash and dry all produce.
- Using a strainer, rinse rice until water runs clear.
- Add 1 cup (2 cups) water to a medium pot.
  Cover and bring to a boil over high heat.
- Once boiling, add rice and half the garlic salt, then reduce heat to medium-low.
- Cover and cook until rice is tender and liquid is absorbed, 12-14 min. (NOTE: Reduce heat to low if water is boiling over.)
- Remove from heat. Set aside, still covered.



#### Prep

- Meanwhile, remove outer layer of lemongrass, then cut into quarters crosswise. Using the back of a wooden spoon, forcefully tap lemongrass to bruise.
- Core, then cut **pepper** into ¼-inch slices.
- Peel, then cut half the carrot (whole carrot for 4 ppl) into 1/8-inch matchsticks.
- Zest, then juice half the lime (whole lime for 4 ppl). Cut any remaining lime into wedges.



### Sear chicken

#### O Swap | Chicken Thighs

- Meanwhile, pat chicken dry with paper towels. Cut into 1-inch pieces. Season with remaining garlic salt and pepper.
- Heat a large non-stick pan over mediumhigh heat.
- When hot, add ½ tbsp (1 tbsp) oil, then chicken. Pan-fry until golden-brown, 2-3 min per side. (NOTE: Chicken will finish cooking in step 5.)



# Start lemongrass sauce

- Add lemongrass. Cook, stirring often, until fragrant, 1 min.
- Add coconut milk, curry paste, soy sauce,
  '4 cup (½ cup) water and 2 tsp (4 tsp) sugar.
  Stir to combine, then bring to a boil over high.
- Once boiling, add carrots and peppers.



## Finish lemongrass sauce

- Reduce heat to medium-low, then cover and cook until **chicken** is cooked through,
   4-5 min.\*\*
- Carefully remove lemongrass from the pan and discard.
- Stir in lime juice. Season with salt and pepper, to taste.



#### Finish and serve

- Fluff rice with a fork, then stir in lime zest.
  Season with salt, to taste.
- Divide rice between bowls. Top with lemongrass chicken, veggies and sauce.
- Squeeze a lime wedge over top, if desired.

Measurements within steps

1 tbsp (2 tbsp)

p) oil

# 3 | Sear chicken thighs

## Swap | Chicken Thighs

If you've opted to get **chicken thighs**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken tenders**.\*\*