

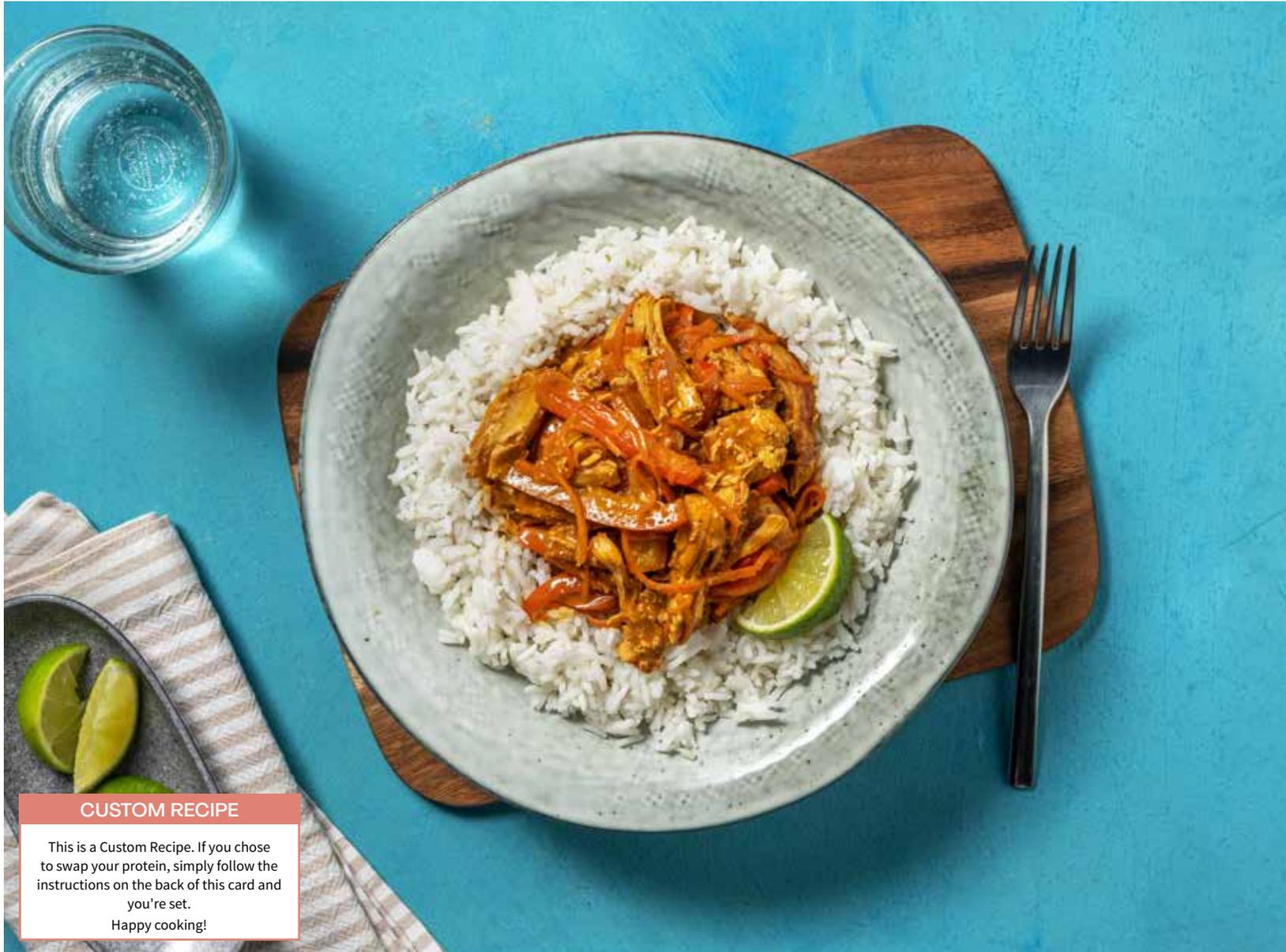


Lemongrass and Coconut Chicken

with Lime Basmati Rice

Quick

25 Minutes



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!



Chicken Breasts



Chicken Thighs



Basmati Rice



Coconut Milk



Soy Sauce



Mild Curry Paste



Carrot, julienned



Lime



Garlic Salt



Sweet Bell Pepper



Lemon Grass

HELLO LEMONGRASS

A tall tropical grass with bright lemony notes!

Start here

Before starting, wash and dry all produce.

Bust out

Strainer, tongs, medium pot, measuring cups, large non-stick pan, paper towels, measuring spoons, zester

Ingredients

	2 Person	4 Person
Chicken Breasts *	2	4
Chicken Thighs *	280 g	560 g
Basmati Rice	¾ cup	1 ½ cups
Coconut Milk	165 ml	400 ml
Soy Sauce	1 tbsp	2 tbsp
Mild Curry Paste	4 tbsp	8 tbsp
Carrot, julienned	56 g	113 g
Lime	1	1
Garlic Salt	1 tsp	2 tsp
Sweet Bell Pepper	160 g	320 g
Lemongrass	1	1
Sugar*	2 tsp	4 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

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.

Contact

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Cook rice

- Using a strainer, rinse **rice** until water runs clear.
- Add **1 cup water** (dbl for 4 ppl) 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 the pot from heat. Set aside, still covered.



Start lemongrass sauce

- Heat the same pan over medium.
- When hot, add **lemongrass**. Cook, stirring often, until fragrant, 1 min.
- Add **coconut milk, curry paste, soy sauce, ¼ cup water** and **2 tsp sugar** (dbl both for 4 ppl). Stir to combine, then bring to a boil over high.
- Once boiling, add **chicken, carrots** and **peppers**.



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.
- Zest, then juice **half the lime** (whole lime for 4 ppl). Cut **any remaining lime** into wedges.



Finish lemongrass sauce

- Reduce heat to medium-low, then cover and cook until **chicken** is cooked through, 8-12 min.**
- Using tongs, transfer **chicken** to a large plate. Using 2 forks, shred **chicken** into bite-sized pieces.
- Carefully remove **lemongrass** from the pan and discard, then return **chicken** to **sauce**.
- Stir in **lime juice**. Season with **salt** and **pepper**, to taste.



Sear chicken

- Meanwhile, pat **chicken** dry with paper towels. Season with **remaining garlic salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Pan-fry until golden-brown, 2-3 min per side. (NOTE: Chicken will finish cooking in step 5.)
- Remove the pan from heat, then transfer **chicken** to a plate.

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 breasts**.



Finish and serve

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

Dinner Solved!