



NOV  
2016

## Sweet and Sticky Chicken

with Brown Rice

This sticky chicken is finger lickin' good fun, and an absolute weeknight winner. It takes no time at all to whip up, and the combination of fish sauce and brown sugar transforms your tender chicken into sticky morsels bursting with flavour. Licking the plate clean is heartily encouraged!



Prep  
30 min



level 1



dairy  
free



Chicken Thighs



Brown Rice



Napa Cabbage



Carrot



Lime



Fish Sauce



Brown Sugar



Long Red Chili



Garlic

## Ingredients

|  |                      |
|--|----------------------|
| Chicken Thighs, 1" pieces  | 2 pkg (680 g)        |
| Long-Grain Brown Rice  | 2 pkg (1½ cup)       |
| Carrot, julienned  | 1 pkg (227g)         |
| Napa Cabbage, 1" chopped   | 1 pkg (340 g)        |
| Long Red Chili  | 1                    |
| Lime   | 1                    |
| Fish Sauce   | 1) 2) 1 pkg (3 tbsp) |
| Garlic   | 2 pkg (20 g)         |
| Brown Sugar  | 1 pkg (3 tbsp)       |
| Olive or Canola Oil*   |                      |

## 4 People

\*Not Included

## Allergens

- 1) Soy/Soja
- 2) Fish/Poisson

## Tools

Medium Pot, Large Pan, Strainer, Medium Bowl, Measuring Cups

**Nutrition per person** Calories: 577 cal | Fat: 11g | Protein: 43g | Carbs: 77g | Fiber: 8g | Sodium: 1243 mg

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*



Wowza! As much as we *try* to control the weather, Mother Nature sometimes has different plans for us! Unfortunately, due to some recent natural disasters, we're experiencing a **green bean** shortage. We have sent you some crunch Asian **napa cabbage** in place of beans - we hope you enjoy it!

**1 Cook the rice:** Rinse the **brown rice** under cold tap water until the water runs clear. Combine the rice with **3½ cups salted water** in a medium pot and bring it to a boil, then reduce heat to medium. Cover with a lid and simmer until the rice is tender, 23-25 min. (Drain any remaining excess liquid.)

**2 Prep:** Meanwhile, **wash and dry all produce**. **Mince** or grate the **garlic**. Finely chop the **chili**, if using. Cut the **lime** into wedges.

**3 Cook the veggies:** Heat a large pan over medium-high heat. Add a drizzle of **oil**, then the **carrots, cabbage and garlic**. Cook, stirring often, until the cabbage is just tender-crisp, 1-2 min. Transfer to a medium bowl.

**4 Cook the chicken:** Add another drizzle of **oil** to the pan, then the **chicken**. Cook, turning pieces occasionally, until the chicken is browned on all sides, 2-3 min. Add the **fish sauce** and **brown sugar**. Cook until the sauce is sticky and coats the chicken. Stir the **veggies** back into the pan.

**5 Finish and serve:** Divide the **rice** and **sweet and sticky chicken** between plates. Squeeze a wedge of **lime** overtop and sprinkle with as much **chili** as you like, if desired. Enjoy!

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Ruler

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