



# Thai-Style Sweet Chili Chicken

with Cilantro-Lime Rice and Peanuts

Quick 25 Minutes



Chicken Thighs



Chicken Breasts



Zucchini



Sweet Chili Sauce



Parboiled Rice



Peanuts, chopped



Soy Sauce  
Mirin Blend



Chili Garlic Sauce



Cilantro



Baby Tomatoes



Lime



Onion, chopped



### 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!

HELLO CILANTRO

*This versatile herb has a citrusy twist!*

## Start here

Before starting, wash and dry all produce.

## Bust out

Measuring spoons, medium pot, small bowl, measuring cups, large non-stick pan, paper towels, zester

## Ingredients

	2 Person	4 Person
Chicken Thighs ♦	4	8
Chicken Breasts ♦	2	4
Zucchini	200 g	400 g
Sweet Chili Sauce	2 tbsp	4 tbsp
Parboiled Rice	¾ cup	1 ½ cup
Peanuts, chopped	28 g	28 g
Soy Sauce Mirin Blend	4 tbsp	8 tbsp
Chili Garlic Sauce	2 tbsp	4 tbsp
Cilantro	7 g	7 g
Baby Tomatoes	113 g	227 g
Lime	1	2
Onion, chopped	56 g	113 g
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 our meal kit labels for the most current allergen 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

Share your photos #HelloFreshLife  
Call or email us | (855) 272-7002  
hello@hellofresh.ca  
HelloFresh.ca



## Cook rice

Bring **1 ¼ cups water** and **⅛ tsp salt** (dbl both for 4 ppl) to a boil in a covered medium pot. Add **rice** to the pot of **boiling water**. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 15-18 min. Remove from heat. Set aside, still covered.



## Prep

Zest **lime**. Juice **half the lime**, then cut **remaining lime** into wedges. Cut **zucchini** into ¼-inch pieces. Roughly chop **cilantro**. Stir together **sweet chili sauce, chili garlic sauce, soy sauce mirin blend** and **2 tsp lime juice** (dbl for 4 ppl) in a small bowl. (**NOTE:** This is your sauce mixture.) Pat **chicken** dry with paper towels. Cut into 1-inch pieces. Season with **salt** and **pepper**.

## CUSTOM RECIPE

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



## Cook chicken

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl). Add **chicken** to the pan in one layer. (**NOTE:** Don't overcrowd the pan. Cook in two batches for 4 ppl, using 1 tbsp oil per batch.) Cook, stirring occasionally, until golden-brown and cooked through, 5-8 min. \*\* Transfer to a plate. Carefully wipe pan clean.



## Cook veggies

Heat the same pan over medium-high. Add **½ tbsp oil** (dbl for 4 ppl), then **onions, zucchini** and **tomatoes**. Cook, stirring often, until slightly softened, 3-4 min. Season with **salt**. Add **sauce mixture**, then bring to a simmer.



## Finish chicken

Add **chicken** and any **juices** on the plate to the pan with **veggies**. Season with **salt** and **pepper**. Cook, stirring occasionally, until **zucchini** are tender-crisp, 2-3 min.



## Finish and serve

Fluff **rice** with a fork, then stir in **lime zest** and **half the cilantro**. Divide **rice** between plates. Top with **chicken and veggies**. Sprinkle **peanuts** and **remaining cilantro** over top. Squeeze over a **lime wedge**, if desired.

## Dinner Solved!