

HELLO Sticky Grilled Lemongrass Chicken

with Nutty Rice and Bright Mango Slaw

Family Friendly

Grill

25-35 Minutes

you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🎥

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and











2 Double

Breasts 1

560 g | 1120 g



Chicken Thighs 280 g | 560 g



34 cup | 1 1/2 cups





1 | 1









1 2

Soy Sauce 1 tbsp | 2 tbsp







Sweet Chili Sauce





Lemongrass 1 | 1



1 | 2



1 | 2



Cooking utensils | Large bowl, measuring cups, measuring spoons, medium bowl, medium pot, paper towels, rolling pin, zester



Cook rice

Finish prep

matchsticks.

Thinly slice cucumber.

· Zest, then juice lime.

- · Before starting, wash and dry all produce.
- · Lightly oil the grill.
- While you prep, preheat the grill to 400°F over medium heat.
- Add 1 ¼ cups (2 ½ cups) water, 1 tbsp (2 tbsp) butter and 1/8 tsp (1/4 tsp) salt to a medium pot. Cover and bring to a boil over high heat.
- Add rice to the **boiling water**. Reduce heat to low. Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.



Start prep

🔁 Double | Chicken Thighs

- While **rice** cooks, peel, then mince or grate garlic.
- Trim the bottom of **lemongrass**, then remove outer layer. Using a rolling pin or heavy pot, carefully smash lemongrass to split open. Finely mince lemongrass.
- Thinly slice green onion.

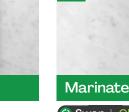


Marinate chicken

Swap | Chicken Breasts

🚺 Swap | Tofu

- Pat chicken dry with paper towels.
- Add chicken, garlic, lemongrass, half the soy sauce, 1 tsp (2 tsp) sugar and ½ tbsp (1 tbsp) oil to a medium bowl. Season with salt and pepper. Toss to coat.



Make slaw and grill chicken

🗘 Swap | Tofu

- Add mango, cucumber, half the green onions, half the sweet chili sauce, remaining soy sauce, ½ tbsp (1 tbsp) lime juice and ½ tbsp (1 tbsp) oil to a large bowl. Season with **salt** and **pepper**. Toss to coat. (TIP: If you prefer a sweeter slaw, add more sugar, to taste.)
- Add chicken to the grill. Close lid and grill until cooked through, 3-5 min per side.** (NOTE: Make sure grill is evenly oiled before adding chicken to prevent sticking!)

Finish and serve

- Fluff rice with a fork, then stir in lime zest and half the peanuts. Season with salt and pepper, to taste.
- Thinly slice **chicken**, if desired.
- Divide rice, chicken and mango slaw between plates.
- Spread remaining sweet chili sauce over chicken. Sprinkle with remaining green onions.
- Sprinkle remaining peanuts over slaw.

2 | Start prep

Measurements

within steps

2 Double | Chicken Thighs

If you've opted for double chicken, prep and cook it in the same way the recipe instructs you to prep and cook the regular portion of **chicken**. Work in batches, if necessary.

1 tbsp

2 person

4 person

oil

Ingredient

3 | Marinate chicken

🗘 Swap | Chicken Breasts

If you've opted to get chicken breasts, carefully slice into the centre of each chicken **breast**, parallel to the cutting board, leaving 1/2-inch intact on the other end. Open up chicken like a book, then season and cook it in the same way the recipe instructs you to season and cook the chicken thighs.

3 | Marinate tofu

🗘 Swap | Tofu

If you've opted to get **tofu**, pat dry with paper towels. Cut tofu in half, parallel to the cutting board. (NOTE: You will have two square tofu steaks per block.) Using a fork, poke tofu all over. Season **tofu** in the same way the recipe instructs you to season the chicken.

5 | Make slaw and grill tofu

🗘 Swap | Tofu

Grill tofu, flipping once, until grill-marked, 4-5 min per side.

• Peel, pit, then cut **mango** into 1/4-inch

- Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.
- ** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.