



Sticky Grilled Lemongrass Chicken

with Nutty Rice and Bright Mango Slaw

Family Friendly

Grill

25-35 Minutes



Chicken Breasts* 2 | 4
Tofu 1 | 2
Chicken Thighs* 560 g | 1120 g

Customized Protein + Add Swap or *2 Double

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](https://www.hellofresh.ca)



- Chicken Thighs* 280 g | 560 g
- Basmati Rice ¼ cup | 1 ½ cups
- Mango 1 | 1
- Garlic, cloves 1 | 2
- Lime 1 | 2
- Soy Sauce 1 tbsp | 2 tbsp
- Sweet Chili Sauce 2 tbsp | 4 tbsp
- Peanuts, chopped 28 g | 56 g
- Lemongrass 1 | 1
- Mini Cucumber 1 | 2
- Green Onion 1 | 2

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.

Pantry items | Butter, sugar, oil, salt, pepper

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

1



Cook rice

- 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 **½ tsp** (¼ 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.

4



Finish prep

- Peel, pit, then cut **mango** into ¼-inch matchsticks.
- Thinly slice **cucumber**.
- Zest, then juice **lime**.

2



Start prep

- ×2 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**.

5



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!)

3



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.

6



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**.

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

2 | Start prep

×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.

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 ½-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.

♦ 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.