

# Thai-Inspired Sweet and Spicy Chicken

with Cilantro-Lime Rice and Peanuts

Spicy

30 Minutes











×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 🦫







Chicken Breast Tenders •

310 g | 620 g

Thai Seasoning 1 tbsp | 2 tbsp



Jasmine Rice



34 cup | 1 ½ cup

7g | 7g



Mini Cucumber



1 | 2









Soy Sauce 1 tbsp | 2 tbsp







Sauce

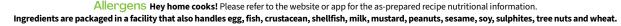
1 tbsp | 2 tbsp

Sauce 4 tbsp | 8 tbsp





Peanuts, chopped 28 g | 56 g



Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, 2 medium bowls, medium pot, paper towels, small bowl, strainer, whisk, zester



## Cook rice

- · Before starting, wash and dry all produce.
- Using a strainer, rinse rice until water runs clear. Drain well.
- Add rice, 1 cup (2 cups) water and ¼ tsp (½ tsp) salt to a medium pot. Cover and bring to a boil over high heat.
- Once water is boiling, 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.



## Prep and make vinaigrette

- Meanwhile, cut cucumber into ¼-inch rounds.
- · Roughly chop cilantro.
- Zest, then juice half the lime. Cut remaining lime into wedges.
- Add lime juice, 1 tbsp (2 tbsp) oil and ½ tsp (1 tsp) sugar to a medium bowl. Season with salt and pepper, then whisk to combine.



## Cook chicken

O Swap | Shrimp

O Swap | Plant-Based Protein Shreds

😡 Double | Chicken Breast Tenders

- Heat a large non-stick pan over medium-high heat.
- Meanwhile, pat chicken dry with paper towels. Add chicken, Thai Seasoning and ½ tbsp (1 tbsp) oil to another medium bowl. Season with **salt** and **pepper**, then toss to coat.
- When the pan is hot, add 1 tbsp (2 tbsp) oil, then **chicken**. Cook, flipping halfway, until golden-brown and cooked through, 4-5 min.\*\*



#### Make sauce and finish chicken

- Meanwhile, combine soy sauce, chili-garlic sauce, sweet chili sauce and 2 tbsp (4 tbsp) water in a small bowl.
- When chicken is done, add chili sauce mixture to the pan. Cook, stirring often, until **sauce** thickens and coats **chicken**, 1-2 min. Season with **pepper**.



## Make salad and finish rice

- Add cucumbers and spring mix to the bowl with vinaigrette, then toss to combine.
- Add lime zest and half the cilantro to the pot with **rice**, then fluff with a fork.



#### Finish and serve

- Divide lime-cilantro rice between plates, then top with chicken. Squeeze a lime **wedge** over top.
- Sprinkle peanuts and remaining cilantro over top.
- Serve salad alongside.

## Measurements within steps

1 tbsp

oil

#### 3 | Cook shrimp

#### O Swap | Shrimp

If you've opted to get **shrimp**, using a strainer, drain and rinse **shrimp**, then prepare in the same way as the chicken. Reduce cooking time to 2-3 min\*\*, until **shrimp** just turn pink. Follow the rest of the recipe as written.

## 3 | Cook plant-based protein shreds

#### Swap | Plant-Based Protein Shreds

If you've opted to get plant-based protein **shreds**, cook it the same way as the recipe instructs you to cook the chicken, tossing occasionally until cooked through, 6-8 min.\*\*

#### 3 | Cook chicken

#### 😢 Double | Chicken Breast Tenders

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.

- \* 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.