



# Thai-Inspired Sweet and Spicy Chicken

## with Cilantro-Lime Rice and Peanuts

Spicy

30 Minutes



Shrimp 285 g | 570 g  
 Plant-Based Protein Shreds 200 g | 400 g  
 Chicken Breast Tenders\* 620 g | 1240 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 Breast Tenders\*  
310 g | 620 g
- 


Thai Seasoning  
1 tbsp | 2 tbsp
- 


Jasmine Rice  
3/4 cup | 1 1/2 cup
- 


Cilantro  
7 g | 7 g
- 


Mini Cucumber  
1 | 2
- 

Spring Mix  
56 g | 113 g
- 

Lime  
1 | 2
- 

Soy Sauce  
1 tbsp | 2 tbsp
- 

Chili-Garlic Sauce  
1 tbsp | 2 tbsp
- 

Sweet Chili Sauce  
4 tbsp | 8 tbsp
- 

Peanuts, chopped  
28 g | 56 g

**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 | Salt, pepper, oil, sugar

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

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### 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  $\frac{1}{4}$  **tsp** ( $\frac{1}{2}$  **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.

2



### Prep and make vinaigrette

- Meanwhile, cut **cucumber** into  $\frac{1}{4}$ -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  $\frac{1}{2}$  **tsp** (1 **tsp**) **sugar** to a medium bowl. Season with **salt** and **pepper**, then whisk to combine.

3



### Cook chicken

🔄 Swap | **Shrimp**

🔄 Swap | **Plant-Based Protein Shreds**

\*2 Double | **Chicken Breast Tenderloins**

- Heat a large non-stick pan over medium-high heat.
- Meanwhile, pat **chicken** dry with paper towels. Add **chicken**, **Thai Seasoning** and  $\frac{1}{2}$  **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.\*\*

4



### 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**.

5



### 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.

6



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

3 | Cook shrimp

🔄 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

\*2 Double | **Chicken Breast Tenderloins**

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.