



# Thai-Inspired Sweet and Spicy Chicken with Cilantro-Lime Rice and Peanuts

Spicy

30 Minutes

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)



|   |   |
|---|---|
| <br>Chicken Breasts*<br>2   4                | <br>Tofu<br>1   2                          |
| <br>Chicken Breast Tenders*<br>310 g   620 g | <br>Thai Seasoning<br>1 tbsp   2 tbsp      |
| <br>Jasmine Rice<br>¾ cup   1 ½ cups         | <br>Cilantro<br>7 g   7 g                  |
| <br>Mini Cucumber<br>1   2                   | <br>Spring Mix<br>56 g   113 g             |
| <br>Lime<br>1   2                           | <br>Soy Sauce<br>1 tbsp   2 tbsp          |
| <br>Chili-Garlic Sauce<br>1 tbsp   2 tbsp  | <br>Sweet Chili Sauce<br>4 tbsp   8 tbsp |
| <br>Peanuts, chopped<br>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

1



### 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 **½ 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.

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**.

2



### 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.

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.

3



### Cook chicken

Swap | **Chicken Breasts**

Swap | **Tofu**

- 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.\*\*

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 chicken

Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, cut into 1-inch-wide strips, then prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken breast tenders**.

### 3 | Prepare and cook tofu

Swap | **Tofu**

If you've opted to get **tofu**, pat **tofu** dry with paper towels. Using a fork, poke **tofu** all over, then cut into 1-inch pieces. Season **tofu** in the same way the recipe instructs you to season the **chicken**. Cook, turning occasionally, until crispy and golden-brown all over, 6-7 min.

\* 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.