



Lemongrass and Coconut Chicken

with Lime Basmati Rice

Quick

25 Minutes

Swap



Chicken Thighs
280 g | 560 g

Custom Recipe

+ 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 Tenders
340 g | 680 g



Basmati Rice
¾ cup | 1 ½ cup



Coconut Milk
1 | 2



Soy Sauce
1 tbsp | 2 tbsp



Red Curry Paste
2 tbsp | 4 tbsp



Carrot
½ | 1



Lime
1 | 1



Garlic Salt
1 tsp | 2 tsp



Sweet Bell Pepper
1 | 2



Lemongrass
1 | 1

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 | Oil*, sugar*, salt*, pepper*

Cooking utensils | Measuring spoons, strainer, tongs, zester, medium pot, measuring cups, large non-stick pan, paper towels

1



Cook rice

• Before starting, wash and dry all produce.

- Using a strainer, rinse **rice** until **water** runs clear.
- Add **1 cup** (2 cups) **water** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice** and **half the garlic salt**, then 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 from heat. Set aside, still covered.

2



Prep

- Meanwhile, remove outer layer of **lemongrass**, then cut into quarters crosswise. Using the back of a wooden spoon, forcefully tap **lemongrass** to bruise.
- Core, then cut **pepper** into ¼-inch slices.
- Peel, then cut **half the carrot** (whole carrot for 4 ppl) into ⅛-inch matchsticks.
- Zest, then juice **half the lime** (whole lime for 4 ppl). Cut **any remaining lime** into wedges.

3



Sear chicken

🔄 Swap | Chicken Thighs

- Meanwhile, pat **chicken** dry with paper towels. Cut into 1-inch pieces. Season with **remaining garlic salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tblsp** (1 **tblsp**) **oil**, then **chicken**. Pan-fry until golden-brown, 2-3 min per side. (**NOTE:** Chicken will finish cooking in step 5.)

4



Start lemongrass sauce

- Add **lemongrass**. Cook, stirring often, until fragrant, 1 min.
- Add **coconut milk**, **curry paste**, **soy sauce**, ¼ **cup** (½ cup) **water** and 2 **tsp** (4 **tsp**) **sugar**. Stir to combine, then bring to a boil over high.
- Once boiling, add **carrots** and **peppers**.

5



Finish lemongrass sauce

- Reduce heat to medium-low, then cover and cook until **chicken** is cooked through, 4-5 min.**
- Carefully remove **lemongrass** from the pan and discard.
- Stir in **lime juice**. Season with **salt** and **pepper**, to taste.

6



Finish and serve

- Fluff **rice** with a fork, then stir in **lime zest**. Season with **salt**, to taste.
- Divide **rice** between bowls. Top with **lemongrass chicken**, **veggies** and **sauce**.
- Squeeze a **lime wedge** over top, if desired.

Measurements within steps | 1 **tblsp** (2 **tblsp**) | **oil**
2 person 4 person Ingredient

3 | Sear chicken thighs

🔄 Swap | Chicken Thighs

If you've opted to get **chicken thighs**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken tenders****.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

† Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.



Issue with your meal? Scan the QR code to share your feedback.