

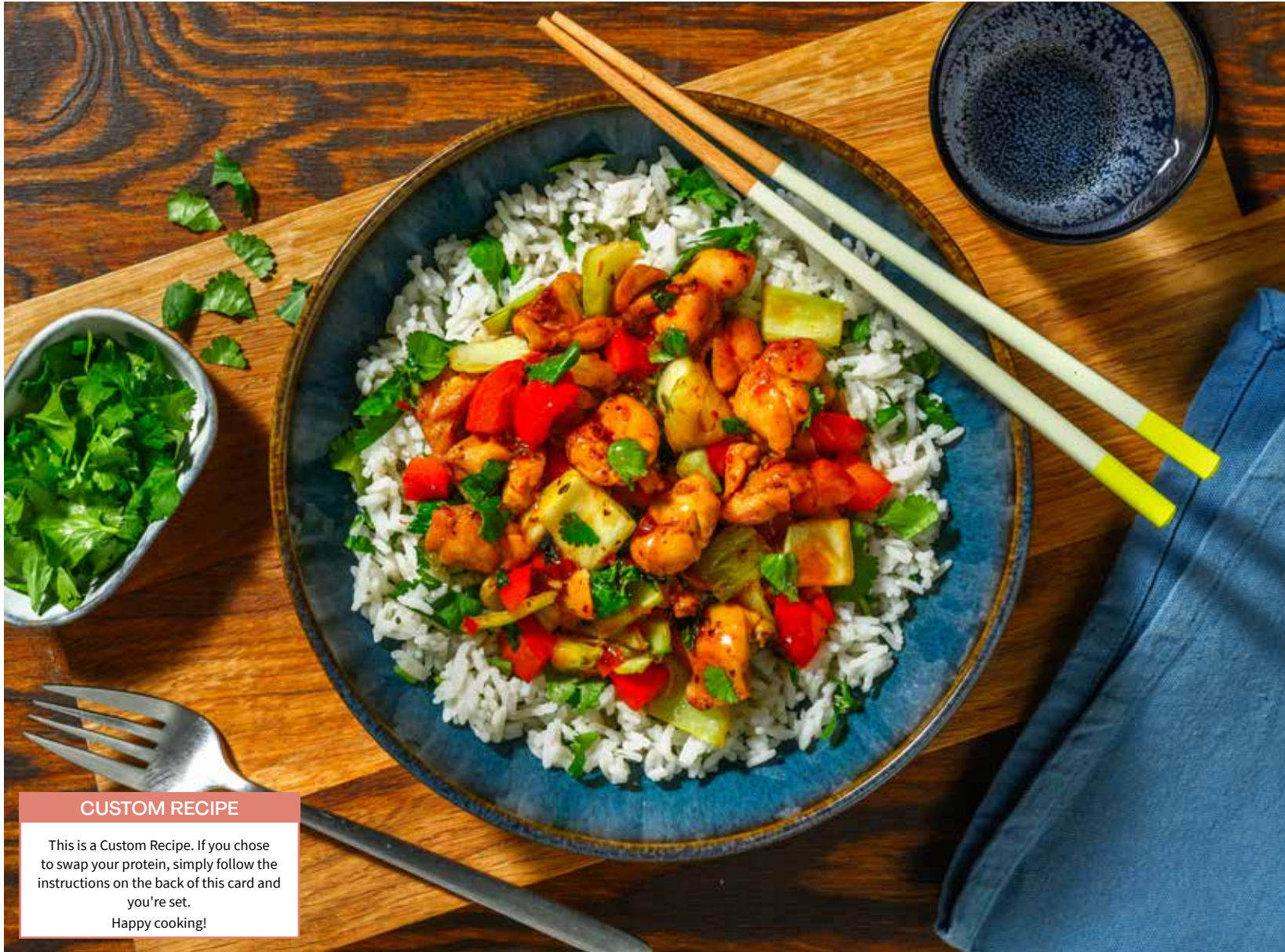


# Thai Sweet Chili Chicken

with Fragrant Cilantro Rice

Spicy

30 Minutes



**CUSTOM RECIPE**  
This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!



Chicken Thighs



Chicken Breasts



Sweet Bell Pepper



Shanghai Bok Choy



Basmati Rice



Cilantro



Soy Sauce



Sweet Chili Sauce



Thai Seasoning



Cornstarch



Chili-Garlic Sauce

HELLO THAI SEASONING

A rich blend of lemongrass, coconut and aromatic spices!

## Start here

Before starting, wash and dry all produce.

### Heat Guide for Step 3 (dbl for 4 ppl):

- Mild: ½ tsp
- Medium: 1 tsp
- Spicy: 2 tsp
- Extra-spicy: 1 tbsp

## Bust out

Measuring spoons, medium pot, large bowl, small bowl, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Thighs ♦	280 g	560 g
Chicken Breasts ♦	2	4
Sweet Bell Pepper	160 g	320 g
Shanghai Bok Choy	113 g	226 g
Basmati Rice	¾ cup	1 ½ cups
Cilantro	7 g	7 g
Soy Sauce	2 tbsp	4 tbsp
Sweet Chili Sauce 🍷	4 tbsp	8 tbsp
Thai Seasoning	1 tbsp	2 tbsp
Cornstarch	1 tbsp	2 tbsp
Chili-Garlic Sauce 🍷	1 tsp	2 tsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* 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.

## 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.*

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## Cook rice

- Combine **rice**, **Thai Seasoning**, **1 ¼ cups water** and **¼ tsp salt** (dbl both for 4 ppl) in a medium pot. Cover and bring to a boil over high heat.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



## Start chicken and cook veggies

- When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Cook, stirring occasionally, until golden-brown, 2 min.
- Add **peppers**. Cook, stirring often, until **peppers** soften slightly, 1-2 min.
- Add **bok choy**. Cook, stirring often, until **veggies** are tender-crisp, 3-4 min.
- Season with **salt** and **pepper**.



## Prep

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Cut **bok choy** into 1-inch pieces.
- Roughly chop **cilantro**.
- Pat **chicken** dry with paper towels, then cut into 1-inch pieces.
- Add **chicken**, **half the cornstarch** and **½ tbsp soy sauce** (dbl for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then toss to coat.

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



## Finish chicken

- Add **sauce mixture** to the pan with **chicken and veggies**. Cook, stirring often, until **sauce** thickens slightly and **chicken** is cooked through, 1-2 min. \*\*



## Make sauce

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, combine **sweet chili sauce**, **remaining soy sauce**, **remaining cornstarch**, **½ cup water** (dbl for 4 ppl) and **1 tsp chili-garlic sauce** in a small bowl. (NOTE: Reference heat guide.)



## Finish and serve

- Add **half the cilantro** to the pot with **rice**, then fluff **rice** with a fork.
- Divide **rice** between plates. Top with **chicken and veggies**.
- Sprinkle **remaining cilantro** over top.

## Dinner Solved!