



Cooking Made Easy

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## Thor's Thunder Chicken with Bok Choy and Basmati

We inherited this tasty little number from an Australian friend of ours. He explained the whole recipe in fantastic detail so that we'd be able to recreate it in our own kitchen. The only thing he didn't explain was why he decided to call it Thor's Thunder Chicken. If you've got any imaginative ideas let us know on our Facebook page!



30 min



family box



gluten free



lactose free



Basmati Rice



Red Chilli



Ginger



Bok Choy



Carrot



Chicken Thigh



Muscovado Sugar



Fish Sauce



Lemon



Coriander

## Ingredients

	2P	4P
Basmati Rice	-	2 cups
Red Chilli, chopped	-	2 tsp
Ginger, diced	-	2 tbsp
Bok Choy, sliced	-	3
Carrot, sliced	-	2
Chicken Thigh	-	8
Muscovado Sugar	-	1 tbsp
Fish Sauce <b>1</b>	-	2 tbsp
Lemon	-	1
Coriander, chopped	-	4 tbsp

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

**LH** Step for little hands

## Allergens

**1)** Fish

**Nutrition per serving:** Calories: 886 kcal | Protein: 55 g | Carbs: 158 g | Fat: 9 g | Saturated Fat: 2 g

3



**1** Boil 700ml of water in a pot with ½ tsp of salt.

4



**2** Once your water has come to the boil, add your rice and turn the heat to its lowest. Cover the pan with a lid and leave for 10 mins. Finally, remove the pan from the heat and leave to rest for 10 mins. Don't peek under the lid until the 20 mins are up or the rice won't cook properly!

5



**3** Meanwhile, finely chop your chilli. **Tip:** *If you prefer less heat, remove the seeds before finely chopping!* Peel and finely dice your ginger (you can also use a grater if you prefer). Separate the leaves from the bok choy and slice in half widthways. Peel your carrot and slice in two lengthways. Then slice each half into four lengthways again. Now slice your carrot widthways into 4cm strips.

6



**4** Chop your chicken into bite sized pieces. **LH:** *Combine the sugar, ginger, chilli, fish sauce and 3½ tbsp of lemon juice in a bowl.* **Tip:** *A bullet chilli is quite spicy, so add more or less to taste.* Add the chicken and coat all pieces well in the marinade.

**5** Heat 1½ tbsp of olive oil in a pan on high heat. Once hot, fry the chicken for about 8 mins. Spoon any excess marinade over the chicken whilst cooking, this will help the chicken absorb all the flavours.

**6** Meanwhile, bring 3cm of water to a gentle boil in a pan. Put a colander over (but not touching) the water. Place the bok choy leaves and carrot in the colander with a lid or plate on top. Steam the vegetables for around 3 mins or until soft enough to eat (but with a slight crunch left).

**7** Serve your chicken on top of the rice, with the vegetables to the side. Garnish with a sprinkle of chopped coriander.