



Cooking Made Easy

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Hippocrates's Honey and Chilli Chicken with Rice

Culled by honeybees and produced from the nectar of flowers, there could be no greater aphrodisiac than honey. Hippocrates was harnessing its power thousands of years ago but the science lies in honey's high levels of vitamin B and amino acids, which boost energy and stamina. We've teamed it up with chilli and ginger in this recipe, so don't be surprised if you feel an urge to light candles and scatter rose petals around your house after eating...

30 min

family box

spicy

lactose free

gluten free

healthy



Basmati Rice



Vegetable Stock Pot



Red Chilli



Garlic Clove



Ginger



Coriander



Cherry Tomatoes



Honey



Chicken Breasts



Lime

Ingredients

	2P	4P
Basmati Rice	-	2 packs
Vegetable Stock Pot 1	-	1
Red Chilli, diced	-	1
Garlic Clove, diced	-	2
Ginger, diced	-	2 tbsp
Coriander, chopped	-	5 tbsp
Cherry Tomatoes, chopped	-	2 punnets
Honey	-	2 tsp
Chicken Breasts	-	4
Lime	-	1

 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) Celery

Nutrition per serving: Calories: 471 kcal | Protein: 35 g | Carbs: 81 g | Fat: 2 g | Saturated Fat: 0.2 g



1 Pre-heat your oven to 190 degrees. Dissolve your stock pot in 700ml of simmering water and add your rice. Cover with a tight lid and cook on low for 10 mins, then rest off the heat for 10 mins. Don't peek under the lid until 20 mins are up!



2 Cut your chilli in half lengthways and remove the seeds. Slice one half of the chilli really thinly lengthways before dicing it up finely (you only need one half unless you are feeling brave). Peel and dice your garlic up very finely.



3 To peel fresh ginger, scrape the edge of a teaspoon across the skin - it's as easy as that! Next, slice the peeled ginger as finely as possible lengthways before dicing it up finely. Roughly chop your coriander and cut your tomatoes into quarters.



4 LH: Mix the garlic, ginger, two thirds of the coriander, the chilli, honey, 1 tbsp of olive oil and some salt and pepper together. Pour this mixture over the chicken breasts on a baking tray and grate over the zest of your lime. Place in the oven for 20 mins.

5 LH: Mix your chopped cherry tomatoes with the remaining coriander, squeeze in the juice of half the lime, a tsp of olive oil and a pinch of salt and pepper. Put this to the side to use as your garnish later.

6 Play a quick game of chess.

7 Once the chicken is cooked through (i.e. the middle is no longer pink) serve your rice onto plates, put your chicken breasts on top and garnish with your cherry tomatoes and another squeeze of lime. Yes it really is that simple ;-)

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!