






More Than Food
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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 mins

 family box

 healthy

 lactose free

 spicy

 gluten free



Basmati Rice (2)



Vegetable Stock Pot (1)



Red Chilli (1)



Garlic Clove (2)



Ginger (2 tbsp)



Coriander (5 tbsp)



Cherry Tomatoes (2 punnets)



Honey (2 tsp)




Chicken Breast (4)



Lime (1)

Ingredients

	4 PEOPLE	ALLERGENS
Basmati Rice	2 cups	
Vegetable Stock Pot	1	Celery
Red Chilli, chopped	1	
Garlic Clove, chopped	2	
Ginger, chopped	2 tbsp	
Coriander, chopped	5 tbsp	
Cherry Tomatoes, quartered	2 punnets	
Honey	2 tsp	
Chicken Breast	4	
Lime	1	

 Our fruit and veggies come straight from the farm so give them a little wash before using

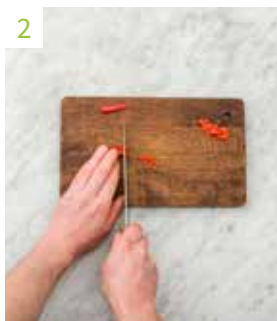
LH Step for little hands

Did you know...

Honey really is incredible - it lasts forever!

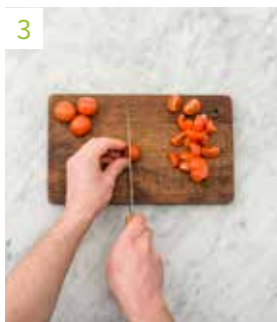
Nutrition per serving: Calories: 483 kcal | Protein: 37 g | Carbs: 78 g | Fat: 3 g | Saturated Fat: 1 g

2



1 Pre-heat your oven to 190 degrees. Dissolve the **vegetable stock pot** in 700ml of simmering water and add the **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!

3



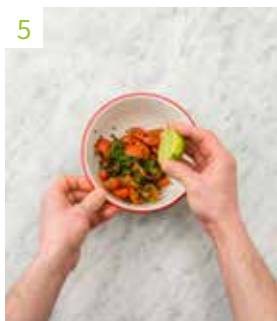
2 Cut the **chilli** in half lengthways and remove the seeds. Slice one half of the **chilli** really thinly lengthways before chopping it up finely (you only need one half unless you are feeling brave). Peel and chop the **garlic** up very finely.

4



3 To peel **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 chopping it up finely. Roughly chop the **coriander** and cut the **tomatoes** into quarters.

5



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 the **lime**. Place in the oven for 15 mins.

5 LH: Mix the chopped **cherry tomatoes** with the remaining **coriander**, squeeze in the juice of half the **lime**, 1 **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 the **rice** onto plates, put the **chicken** breasts on top and garnish with the **cherry tomatoes** and another squeeze of **lime**. Yes it really is that simple ;-)