



Thai Style Spiced Chicken and Satay Sauce

with Coriander Rice and Pickled Carrot Ribbons

14

Stacey Solomon 20-25 Minutes • Mild Spice • 1 of your 5 a day



Jasmine Rice



Chicken Thighs



Thai Style Spice Blend



Carrot



Rice Vinegar



Peanut Butter



Sweet Chilli Sauce



Soy Sauce



Coriander



Salted Peanuts



Chicken Breasts

Pantry Items

Oil, Salt, Pepper, Sugar

Stacey ♥

Stacey Solomon's Picks

We've teamed up with mum, presenter and HelloFresh fan Stacey Solomon to create a collection of delicious and speedy recipes.

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Kettle, saucepan, sieve, lid, baking tray, peeler, bowl and rolling pin.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Chicken Thighs**	3	5	6
Thai Style Spice Blend 3)	1 sachet	1 sachet	2 sachets
Carrot**	2	3	4
Rice Vinegar	22ml	37ml	44ml
Peanut Butter 1)	60g	90g	120g
Sweet Chilli Sauce	64g	96g	144g
Soy Sauce 11) 13)	25ml	40ml	50ml
Coriander**	1 bunch	1 bunch	2 bunches
Salted Peanuts 1)	25g	40g	40g
Chicken Breasts**	2	3	4
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Hot Water for the Sauce*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	457g	100g	467g	100g
Energy (kJ/kcal)	3927 /939	858 /205	3460 /827	740 /177
Fat (g)	43.7	9.6	27.6	5.9
Sat. Fat (g)	10.1	2.2	5.4	1.1
Carbohydrate (g)	89.8	19.6	88.7	19.0
Sugars (g)	23.2	5.1	23.3	5.0
Protein (g)	51.9	11.3	59.2	12.7
Salt (g)	3.74	0.82	3.76	0.80

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

1) Peanut **3)** Sesame **11)** Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

 You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



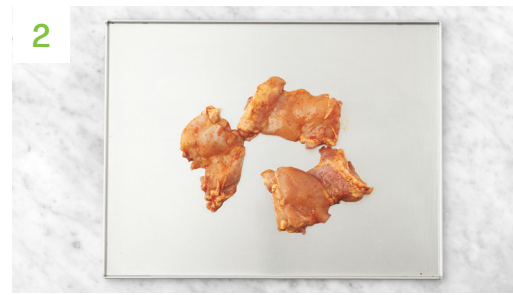
Cook the Rice

- Preheat your oven to 240°C/220°C fan/gas mark 9. Boil a full kettle.
- Pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat. Add the **rice** and cook for 12-13 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Make your Satay Sauce

- In a small bowl, add the **peanut butter**, **sweet chilli sauce**, **soy sauce** and **hot water for the sauce** (see pantry for amount). **TIP:** If your peanut butter has hardened, pop it in a bowl of hot water for 1 min.
- Stir well until smooth. Set your **satay sauce** aside.



Prep the Chicken

- Meanwhile, lay the **chicken thighs** flat onto a baking tray.
- Sprinkle over the **Thai style spice blend**, drizzle with **oil**, season with **salt** and **pepper**, then rub to coat. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

CUSTOM RECIPE

If you're swapping to **chicken breast**, prep in the same way, then heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, fry the **chicken** until browned, 5 mins each side.



Finishing Touches

- Roughly chop the **coriander** (stalks and all). Crush the **peanuts** in the unopened sachet using a rolling pin.
- When everything's ready, fluff the **rice** up with a fork and stir through **three quarters** of the **coriander**.
- Slice the **roasted chicken** widthways into 2cm slices.

CUSTOM RECIPE

Slice the **chicken breast** in the same way before serving.

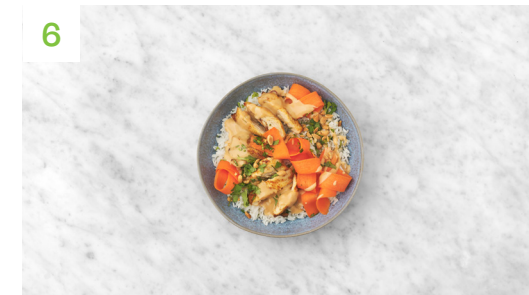


Roast and Pickle

- Roast the **chicken** on the middle shelf until browned and cooked through, 12-15 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.
- Meanwhile, trim and peel the **carrots**. Use the peeler to peel long ribbons down the length of the **carrots**, stopping at the core.
- In a medium bowl, combine the **carrot ribbons**, **rice vinegar**, **sugar** (see pantry for amount) and a pinch of **salt**. Set aside to pickle.

CUSTOM RECIPE

Roast the **chicken breasts** on the top shelf, 10-12 mins. When cooked, remove from the oven, cover with foil and allow to rest for a couple of mins.



Serve Up

- Share the **coriander rice** between your bowls.
- Top with the **sliced chicken** and **carrot pickle**.
- Drizzle the **satay sauce** over the **chicken** and finish with a sprinkle of **peanuts** and the remaining **coriander**.

Enjoy!