



Spiced Chicken on Baked Thai Style Rice

with Peas, Sweet Chilli Drizzle and Peanuts

Classic 35-40 Minutes • Medium Spice

45



British Chicken Breasts



Indonesian Style Spice Mix



Yellow Thai Style Paste



Ginger Puree



Jasmine Rice



Chicken Stock Paste



Salted Peanuts



Peas



Soy Sauce



Sweet Chilli Sauce

Pantry Items

Oil, Salt, Pepper, Honey, Butter, Mayonnaise

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

Baking tray, ovenproof pan, lid and rolling pin.

Ingredients

| Ingredients | 2P | 3P | 4P |
|---------------------------------|----------|-----------|-----------|
| British Chicken Breasts** | 2 | 3 | 4 |
| Indonesian Style Spice Mix | 1 sachet | 2 sachets | 2 sachets |
| Yellow Thai Style Paste | 45g | 67g | 90g |
| Ginger Puree | 15g | 22g | 30g |
| Jasmine Rice | 150g | 225g | 300g |
| Chicken Stock Paste | 10g | 15g | 20g |
| Salted Peanuts 1) | 25g | 40g | 50g |
| Peas** | 120g | 120g | 120g |
| Soy Sauce 11) 13) | 15ml | 25ml | 30ml |
| Sweet Chilli Sauce | 32g | 48g | 64g |
| Pantry | 2P | 3P | 4P |
| Water for the Rice* | 300ml | 450ml | 600ml |
| Honey* | 2 tbsp | 3 tbsp | 4 tbsp |
| Butter* | 20g | 30g | 40g |
| Mayonnaise* | 2 tbsp | 3 tbsp | 4 tbsp |

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Per serving | Per 100g |
|--------------------------------|-------------|-------------|
| for uncooked ingredient | 561g | 100g |
| Energy (kJ/kcal) | 3655 /874 | 652 /156 |
| Fat (g) | 32.9 | 5.9 |
| Sat. Fat (g) | 8.5 | 1.5 |
| Carbohydrate (g) | 93.3 | 16.6 |
| Sugars (g) | 24.3 | 4.3 |
| Protein (g) | 53.7 | 9.6 |
| Salt (g) | 4.80 | 0.86 |

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

Allergens

1) Peanut **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, mollusc, 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

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Roast the Chicken

Preheat your oven to 220°C/200°C fan/gas mark 7.

Lay the **chicken** onto a large baking tray, drizzle with **oil**, sprinkle over **half** the **Indonesian style spice mix**, then season with **salt** and **pepper**.

Roast the **chicken** on the top shelf of your oven until cooked through, 25-30 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.*



Finishing Touches

Meanwhile, crush the **peanuts** in the unopened sachet using a rolling pin.

Once the **rice** is cooked, remove it from the oven and stir in the **peas**, **soy sauce**, **honey** and **butter** (see pantry for both amounts).

Taste and season with **salt** and **pepper** if needed, then pop the lid back on and allow to sit until the **peas** are piping hot, 1-2 mins.



Spice Things Up

Meanwhile, heat a drizzle of **oil** in a large, wide-bottomed ovenproof pan with a lid on medium heat. **TIP:** *If you don't have an ovenproof pan, use a normal pan and transfer to an ovenproof dish before baking.*

Add the **yellow Thai style paste**, **ginger puree** and remaining **Indonesian style spice mix**. Fry for 30 secs.



Slice the Chicken

Once the **chicken** is cooked, transfer it to a clean board and allow it to rest for a couple of mins.

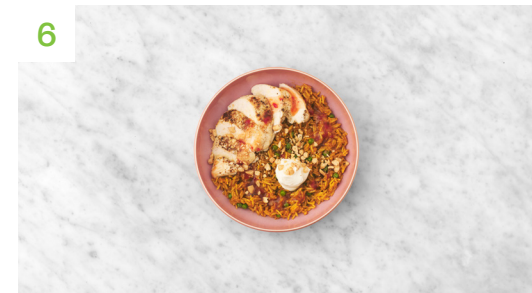
Once rested, thinly slice widthways.



Bake your Rice

Stir in the **rice**, **chicken stock paste** and **water for the rice** (see pantry for amount).

Bring to the boil, then pop the lid on the pan (or cover with foil) and bake on the middle shelf of your oven until the **rice** is cooked and the **water** has been absorbed, 15-20 mins.



Serve Up

Serve the **baked rice** with the **sliced chicken** on top.

Drizzle over the **sweet chilli sauce** and **mayo** (see pantry for amount).

Scatter over the **peanuts** to finish.

Enjoy!