



# Speedy Ginger, Lime and Garlic Coconut Chicken with Peas and Basmati Rice

12

**Quick** 20 Minutes • 1 of your 5 a day



Diced British Chicken Breast



Garlic Clove



Lime



Basmati Rice



Ginger Puree



Tomato Puree



Coconut Milk



Chicken Stock Paste



Peas



Soy Sauce



Diced British Chicken Breast

#### Pantry Items

Oil, Salt, Pepper, Sugar

#### + Double Chicken Breast

If you chose to double chicken, 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.

## Cooking tools

Kettle, frying pan, garlic press, fine grater, saucepan, sieve and lid.

## Ingredients

Ingredients	2P	3P	4P
Diced British Chicken Breast**	240g	390g	480g
Garlic Clove**	2	3	4
Lime**	½	1	1
Basmati Rice	150g	225g	300g
Ginger Puree	15g	15g	30g
Tomato Puree	30g	45g	60g
Coconut Milk	180ml	250ml	360ml
Chicken Stock Paste	10g	15g	20g
Peas**	120g	180g	240g
Soy Sauce <b>11) 13)</b>	15ml	15ml	30ml
Diced British Chicken Breast**	240g	390g	480g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	443g	100g	573g	100g
Energy (kJ/kcal)	2775 /663	626 /150	3422 /818	597 /143
Fat (g)	19.3	4.4	21.7	3.8
Sat. Fat (g)	14.5	3.3	15.2	2.6
Carbohydrate (g)	79.2	17.9	79.4	13.8
Sugars (g)	10.1	2.3	10.3	1.8
Protein (g)	45.1	10.2	76.6	13.4
Salt (g)	3.19	0.72	3.38	0.59

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

## Allergens

**11) Soya 13)** Cereals containing gluten

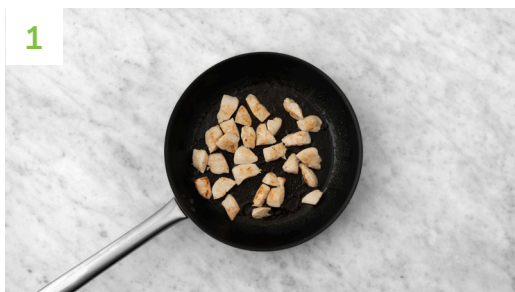
Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

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.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

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## 1 Fry the Chicken

- Boil a half-full kettle.
- While it boils, heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, add the **diced chicken** and season with **salt** and **pepper**. Fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

## + Double Chicken Breast

If you've chosen to double up on **chicken**, cook the recipe in the same way. Fry the **chicken** in batches if needed.



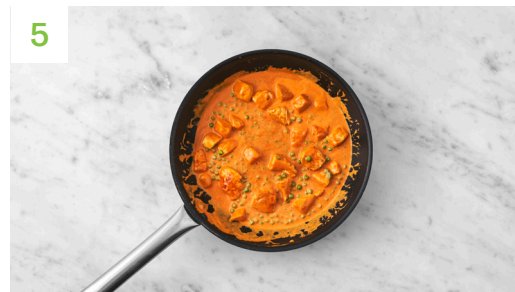
## 4 Simmer and Spice

- Once the **chicken** is cooked, stir in the **garlic**, **ginger puree** and **tomato puree**. Cook for 1 min.
- Pour in the **coconut milk**, **chicken stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts), then stir together.
- Bring to the boil, then lower the heat and simmer until the **sauce** has thickened, 4-5 mins.



## 2 Prep Time

- While the **chicken** cooks, peel and grate the **garlic** (or use a garlic press).
- Zest and halve the **lime** (see ingredients for amount).



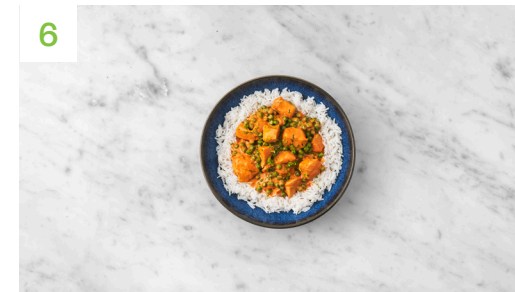
## 5 Add the Peas

- Once thickened, stir the **peas** into the **stew**.
- Remove from the heat, squeeze in some **lime juice** and stir in the **soy sauce**.
- Taste and add more **lime juice** if needed. Add a splash more **water** if it's a bit too thick.



## 3 Cook the Rice

- Once the **water** has boiled, pour into a large saucepan with **¼ tsp salt** on high heat.
- Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back into the pan. Cover with a lid and leave to the side until ready to serve.



## 6 Serve

- Share the **rice** between your bowls and spoon the **chicken stew** on top.
- Finish with a sprinkling of **lime zest**.

Enjoy!