



Ginger, Lime and Garlic Chicken Stew with Spinach and Basmati Rice

Rapid 20 Minutes • 1 of your 5 a day

12



Diced Chicken Breast



Garlic Clove



Lime



Basmati Rice



Ginger Puree



Tomato Puree



Coconut Milk



Chicken Stock Paste



Baby Spinach



Soy Sauce

Pantry Items

Oil, Salt, Pepper, Sugar

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 Chicken Breast**	260g	390g	520g
Garlic Clove**	2	3	4
Lime**	½	1	1
Basmati Rice	150g	225g	300g
Ginger Puree	1 sachet	1 sachet	2 sachets
Tomato Puree	1 sachet	2 sachets	2 sachets
Coconut Milk	200ml	400ml	400ml
Chicken Stock Paste	10g	15g	20g
Baby Spinach**	100g	150g	200g
Soy Sauce 11) 13)	15ml	15ml	30ml

Pantry	2P	3P	4P
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 for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	413g 2740 /655	100g 663 /158
Fat (g)	20.9	5.1
Sat. Fat (g)	17.0	4.1
Carbohydrate (g)	75.3	18.2
Sugars (g)	6.4	1.6
Protein (g)	43.8	10.6
Salt (g)	3.24	0.78

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, milk, egg, mustard, celery, soya, 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.

Contact

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Fry your Chicken

- Boil a full kettle.
- While it boils, heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, add the **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. The chicken is cooked when no longer pink in the middle.



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. Add a splash of **water** if it gets too thick.



Prep Time

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



Add the Spinach

- Once the **sauce** has thickened, stir in the **spinach** into the **stew** a handful at a time until wilted and piping hot, 1-2 mins.
- Remove from the heat, squeeze in some of the **lime juice** and stir in the **soy sauce**.
- Taste and add more **lime** if needed and add a splash more **water** if it's a bit too thick.



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.



Serve

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

Enjoy!