



More Than Food
HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on You'll be entered into our weekly photo contest!

Spiced Chicken with Coconut Rice and Roasted Corn on the Cob

This creamy coconut rice is (in our humble opinion), pretty amazing. Teamed with some delicious shawarma spiced chicken drumsticks and roasted corn on the cob, it's going to be a sensational (but slightly messy!) dinner ... Enjoy!



40 mins



family box



spicy



2 of your 5 a day



gluten free



lactose free



Corn on the Cob (2)



Honey (2 tbsp)



Shawarma Seasoning (1 tbsp)



Chicken Drumstick (8)



Onion (1)



Red Pepper (1)



Vine Tomato (2)



Garlic Clove (1)



Organic Black Beans (1 tin)



Basmati Rice (175g)



Organic Coconut Milk (200ml)



Chicken Stock Pot (1)




Water (200ml)



Flat Leaf Parsley (1 bunch)

4 PEOPLE INGREDIENTS

- Corn on the Cob, halved **2**
- Honey **2 tbsps**
- Shawarma Seasoning **1 tbsps**
- Chicken Drumstick **8**
- Onion, chopped **1**
- Red Pepper, chopped **1**
- Vine Tomato, chopped **2**
- Garlic Clove, grated **1**
- Organic Black Beans **1 tin**
- Basmati Rice **175g**
- Organic Coconut Milk **200ml**
- Chicken Stock Pot **1**
- Water **200ml**
- Flat Leaf Parsley, chopped **1 bunch**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

The husk of the coconut can be used to make ropes, mats, brushes and sacks ... Multipurpose!

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	782 kcal / 3224 kJ	36 g	15 g	62 g	12 g	52 g	2 g
Per 100g	130 kcal / 534 kJ	6 g	2 g	10 g	2 g	9 g	0 g

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract.



1

1 Pre-heat your oven to 200 degrees. Half the **corn on the cob** by running a knife firmly around the middle then snapping in half with your hands. Put the **honey** in a bowl with the **shawarma seasoning** and a drizzle of **oil**. **Tip:** *If you're not too keen on spice, use slightly less shawarma seasoning.* Stir together, then put the **chicken** in the bowl. Mix with your hands so each **drumstick** gets a good coating. Leave to the side. **Tip:** *Make sure you wash your hands after handling raw meat!*



2

2 Cut the **onion** in half through the root. Peel and chop into roughly 1cm pieces. Remove the core from the **pepper** and chop into 1cm pieces as well. Chop the **tomato** into roughly 2cm chunks, peel and grate the **garlic** (or use a garlic press if you have one). Drain and rinse the **black beans** in a colander.



3

3 Put your **drumsticks** in an oven proof dish along with your **corn on the cob**. Drizzle some **oil** over your **corn** then sprinkle a pinch of **salt** and a good grind of **black pepper** over everything. **Tip:** *If you need to use two baking trays, that's fine!* Put your **chicken** and **corn** in your oven to cook for 30-35 mins. **Tip:** *The chicken is cooked when no longer pink in the middle.*



4

4 Meanwhile, put your **onion** in a large frying pan with a drizzle of **oil**. Cook on medium heat for 5 mins before adding your **red pepper**, a good pinch of **salt** and a good grind of **black pepper**. Cook for another 5 mins. Add your **tomato** and **garlic**, stir together and cook for 1 minute longer, before adding the **black beans**, **basmati rice**, **coconut milk**, **chicken stock pot** and the **water** (as specified in the ingredient table above).

5 Bring your **mixture** to the boil (making sure your **stock pot** has dissolved), then reduce the heat to a simmer, put the lid on and cook for 10 mins. When the 10 mins are up, remove from the heat and leave to the side to rest, so it cooks in its own steam for 10 mins more.

6 While everything is cooking, roughly chop the **parsley** and give your kitchen a quick tidy.

7 When everything is cooked, remove your **chicken** and **corn** from your oven. Stir your **parsley** through your **rice** and serve with your **chicken** and **corn** on top. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!