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WK11
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Thor's Thunder Chicken with Zesty Lime Marinade

Packed to the brim with flavour, protein and vital nutrients, this chicken dish is just like a thunderstorm on a plate. Prepare your kids for a wild ride of tasty enjoyment, complete with all the elements! All jokes aside, this chicken marinade is mighty tasty.



Prep: 20 mins

Cook: 15 mins

Total: 35 mins



**eat me
early**



level 1



**gluten
free**

Pantry Items



Water



Brown
Sugar



Fish Sauce



Vegetable
Oil



Jasmine Rice



Ginger



Garlic



Lime



Chicken Thighs



Baby Bok Choy



Carrot

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QTY	Ingredients
1 ½ cups	Jasmine rice
6 cups	hot water *
1 tbs	brown sugar *
1 knob	ginger, peeled & finely grated
2 cloves	garlic, peeled & crushed
1	lime, juiced
2 tsp	fish sauce *
700 g	chicken thighs, diced
1 tbs	vegetable oil *
2 bunches	baby bok choy, halved
2	carrots, peeled & cut on the diagonal

- ⊕ Ingredients features in another recipe
- * Pantry Items
- 🌿 Pre-preparation

Nutrition per serve		
Energy	2480	Kj
Protein	39.8	g
Fat, total	17.1	g
-saturated	4.5	g
Carbohydrate	67.4	g
-sugars	8.3	g
Sodium	366	mg



You will need: *chef's knife, chopping board, garlic crusher, vegetable peeler, fine grater, sieve, colander, large bowl, plate, medium saucepan, and a large wok/frying pan.*



1 Place the **Jasmine rice** into a sieve and rinse it with cold tap water until the water runs clear. Place the rice and the **water** in a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **10-12 minutes** or until the rice is soft. Drain.



2 Meanwhile, in a large bowl, combine the **brown sugar, ginger, garlic, lime juice,** and **fish sauce** and stir well. Add the **chicken thighs** and coat well in the marinade.



3 Heat half the **vegetable oil** in a large wok or frying pan over a medium-high heat. Cook half the marinated chicken for **6 minutes** turning occasionally, or until it is cooked through. Set aside on a plate. Repeat with the remaining chicken.

4 Heat the remaining vegetable oil in the pan. Add the **baby bok choy** and **carrot** and stir fry for **3-4 minutes** or until the bok choy wilts and the carrots turn a vibrant orange. Return the chicken back to the pan and stir fry until all of the flavours of the chicken coat the vegetables.

5 To serve, divide the rice and the thunder chicken stir fry between plates. Enjoy!

Did you know? The asian green 'bok choy' may remind you of celery but it is actually a member of the cabbage family!