



MARLEY SPOON



**UNDER
30 MINS**

Caramel Chicken with Steamed Asian Greens and Rice

 20-30min  2 Portions

Not only does chilli add flavour and heat to dishes, it is also a great aphrodisiac! So spice up your Valentine's Day this year with this incredibly succulent and sensual caramel chicken served with vibrant Asian greens and steaming hot jasmine rice.

What we send

- sesame seed mix ¹¹
- 1 red chilli, 2 garlic cloves and ginger
- rice vinegar
- chicken stock powder
- snow peas
- baby bok choy
- free-range chicken thigh fillet
- jasmine rice

What you'll require

- salt and pepper
- soy sauce ⁶
- vegetable oil

Utensils

- grater
- large saucepan
- medium saucepan
- sieve
- small saucepan

- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

Cooking time will vary depending on the size of your saucepan and surface area.

Allergens

Soy (6), Sesame (11). May contain traces of other allergens.

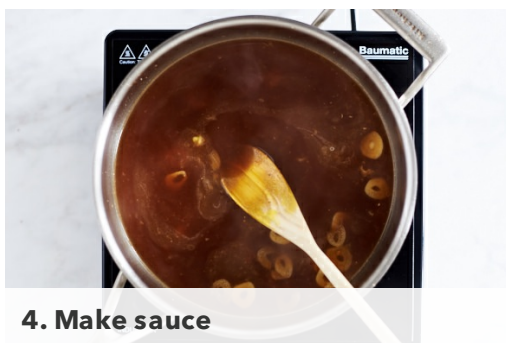
Nutrition per serving

Energy 730.0kcal, Fat 18.0g, Proteins 43.7g, Carbs 95.8g



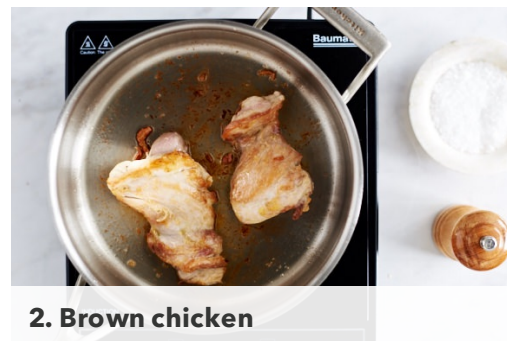
1. Cook rice

Rinse **rice** in a sieve until the water runs clear. Combine rice, 280ml water and a pinch of **sea salt** in a small saucepan and bring to the boil. Reduce heat to a simmer, cover and cook for 15 mins or until water is absorbed and rice is tender. Keep covered until ready to serve.



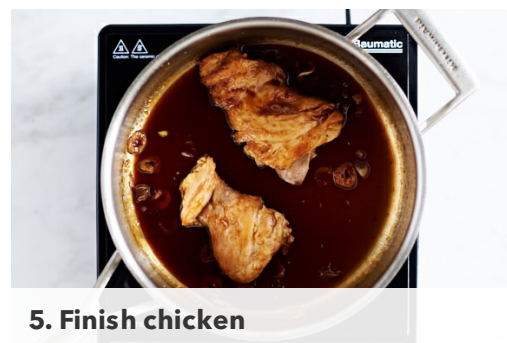
4. Make sauce

Add **garlic** and **ginger** to pan and cook, stirring, for 30 seconds or until fragrant. Add 60ml (1/4 cup) **water** and cook, scraping up any browned bits from bottom of the pan. Add 1/4 cup **brown sugar** and stir to dissolve. Add 2 tsp **chicken stock powder**, **rice vinegar**, 60ml (1/4 cup) **soy sauce** and 250ml (1 cup) **water**. Bring to a simmer.



2. Brown chicken

Meanwhile, heat 1 tbs **oil** in a large saucepan over medium-high heat. Season **chicken** with **sea salt and pepper** and add to pan. Cook for 5 mins or until browned on both sides. Transfer to a plate.



5. Finish chicken

Return **chicken** to pan and simmer for 5 mins or until chicken is cooked through. Transfer chicken to a plate. Increase heat to medium-high heat. Simmer rapidly for 7-8 mins until sauce is reduced. See cooking tip. Return chicken to pan and turn to coat. Remove from heat.



3. Prepare ingredients

Meanwhile, thinly slice the **garlic**. Peel and grate the **ginger**. Trim **bok choy** and quarter lengthwise. Rinse under cold water to remove any grit. Trim and slice **snow peas** lengthwise. Thinly slice the **chilli** (deseed for less heat if you prefer).



6. Steam greens

Meanwhile, fill a medium saucepan with 2cm of **water** and bring to a simmer. Add **bok choy**, cover and steam for 2 mins. Add **snow peas** and steam for 1 min or until vegetables are just tender. Drain. Serve **chicken** and vegetables over **rice** with sauce spooned over top. Sprinkle with **chilli** and **sesame seeds**.