

MARLEY SPOON



Asian Caramel Chicken

with Cucumber Ribbon Salad



20-30min



2 Portions

Just a handful of basic ingredients are all that's needed to make this delicious Asian sauce for chicken, with addictive notes of sweet caramel and soy sauce. Paired with fresh steamed rice, thin ribbons of cucumber and carrot, and fragrant herbs, which cut through the richness, this meal will satisfy every member in the house.

What we send

- free-range chicken thigh fillet
- jasmine rice
- carrot
- rice wine vinegar
- mint, coriander, ginger, spring onion, garlic
- Lebanese cucumber

What you'll require

- pepper
- soy sauce ⁶
- sugar
- vegetable oil
- water

Utensils

- fine grater
- medium frypan

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

Deglazing is a cooking technique that uses liquid to remove cooked flavours from the base of a pan. The resulting mixture is used to boost flavour in sauces, stews and soups.

Allergens

Soy (6). May contain traces of other allergens.

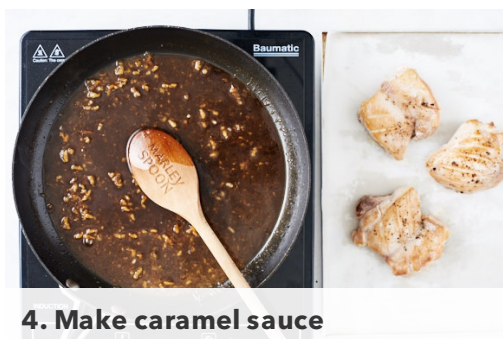
Nutrition per serving

Energy 755kcal, Fat 31.5g, Carbs 82.2g, Proteins 33.0g



1. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover with a lid and bring to a simmer over medium heat. Reduce heat to low and cook for 12 mins or until tender and water has absorbed. Turn off the heat and stand, covered, for at least 5 mins.



4. Make caramel sauce

Reduce the heat to medium and add the **garlic** and **ginger**. Cook, stirring, for 1 min or until fragrant. Add **60ml (¼ cup) water** and scrape the base of the pan with a wooden spoon to deglaze (see cooking tip). Add **2 tbs sugar**, **1½ tbs soy sauce** and **1½ tbs rice wine vinegar** (you won't use the remainder in this dish) and stir until the sugar has dissolved.



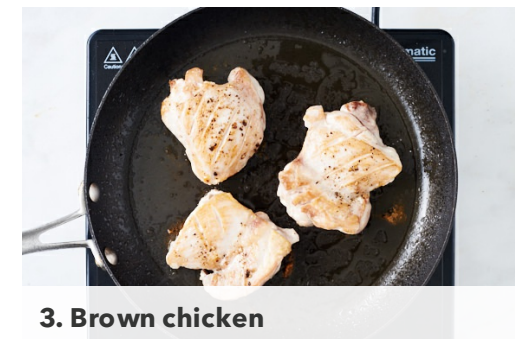
2. Prepare chicken

Meanwhile, crush or finely chop the **garlic**. Peel and finely grate the **ginger**. Trim any fat from the **chicken**, then score with a sharp knife. Season with **pepper**.



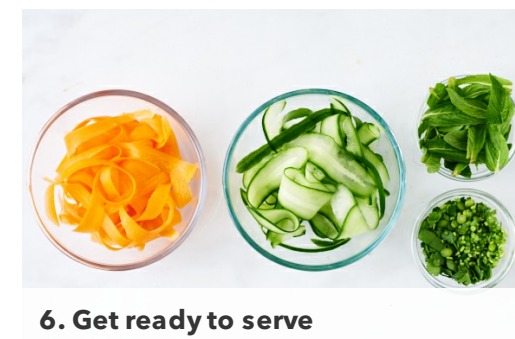
5. Finish cooking chicken

Return the **chicken** and resting juices to the pan. Bring to the boil, then reduce heat to low and cook, covered, for 5 mins. Turn the chicken over and cook, uncovered, for a further 5 mins or until the sauce has thickened.



3. Brown chicken

Heat **1 tbs vegetable oil** in a medium frypan over high heat. Cook the **chicken** for 3 mins each side or until browned (it won't be cooked through at this point). Transfer to a plate and set aside.



6. Get ready to serve

Meanwhile, cut **carrot** and **cucumber** into ribbons with a vegetable peeler. Pick **mint** leaves. Finely chop **coriander**, including stems. Put carrot, cucumber, herbs and **1 tbs vegetable oil** in a bowl and toss to combine. Thinly slice **spring onion**. Thickly slice **chicken**. Divide **rice**, **caramel chicken** and **salad** among bowls. Scatter with spring onion to serve.