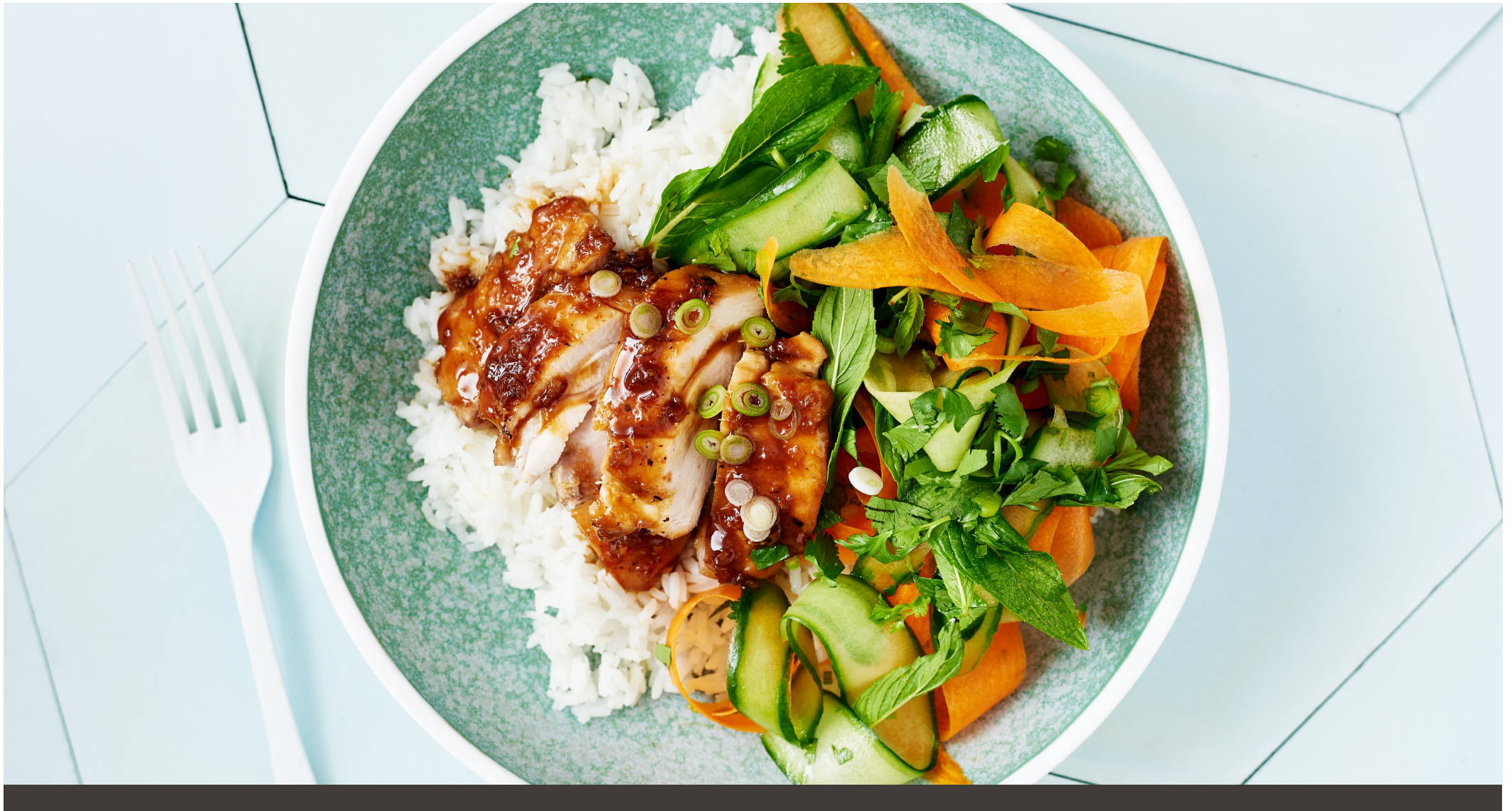


MARLEY SPOON



Asian Caramel Chicken

with Cucumber Ribbon Salad



20-30min



4 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

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

What you'll require

- sea salt and pepper
- soy sauce ⁶
- sugar
- vegetable oil
- water

Utensils

- fine grater
- large 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.

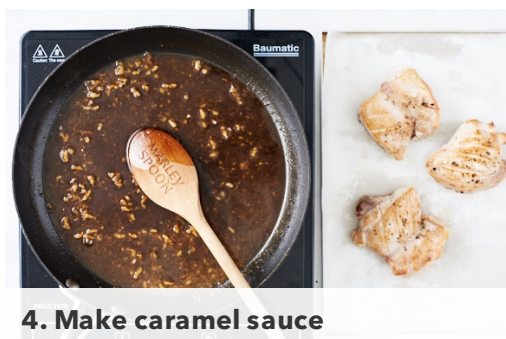
Nutrition per serving

Energy 720kcal, Fat 26.9g, Carbs 83.8g, Proteins 32.9g



1. Cook rice

Rinse the **rice** until the water runs clear. Put in a medium saucepan with **450ml 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 **125ml (½ cup) water** and scrape the base of the pan with a wooden spoon to deglaze (see cooking tip). Add **75g (⅓ cup) sugar**, **60ml (¼ cup) soy sauce** and the **rice wine vinegar** and stir until the sugar has dissolved.



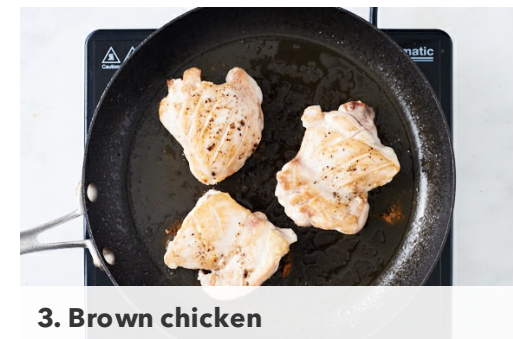
2. Prepare chicken

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**.



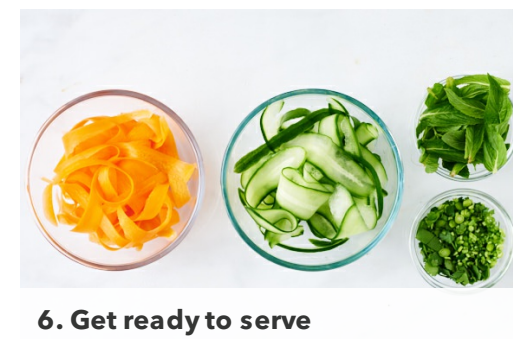
5. Finish cooking chicken

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 ½ tbs vegetable oil** in a large 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 the **carrot** and **cucumber** into ribbons with a vegetable peeler. Pick **mint** leaves. Finely chop **coriander**, including stems. Put carrot, cucumber, herbs and **1 ½ tbs vegetable oil** in a bowl and toss to combine. Thinly slice **spring onion**. Thickly slice **chicken**. Divide the **rice**, **caramel chicken** and **salad** among bowls. Scatter with spring onion to serve.