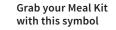


Sweet-Soy Chicken & Garlic Rice with Ginger Veggies & Crispy Shallots

TAKEAWAY FAVES













Baby Broccoli Courgette





Carrot

Chicken Thigh





Seasoning

Ginger Paste



Sweet Chilli Sauce

Crispy Shallots

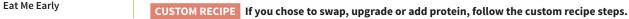


Recipe Update We've replaced the Asian vegetable in this recipe with courgette due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Prep in: 25-35 mins Ready in: 30-40 mins

The magic in this dish is the juicy chicken breast, perfectly caramelised with a sweet-soy seasoning. Add nourishing roasted veggies and crispy shallots in the mix, and you've got an Asian-inspired meal in no time!



Pantry items

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

_			
	2 People	4 People	
olive oil*	refer to method	refer to method	
garlic	2 cloves	4 cloves	
butter*	20g	40g	
basmati rice	1 medium packet	1 large packet	
water*	1½ cups	3 cups	
baby broccoli	½ medium bunch	1 medium bunch	
courgette	1	2	
carrot	1	2	
chicken thigh	1 small packet	2 small packets OR 1 large packet	
sweet soy seasoning	1 sachet	2 sachets	
ginger paste	1 medium packet	1 large packet	
sweet chilli sauce	1 medium packet	1 large packet	
soy sauce*	2 tsp	1 tbs	
crispy shallots	1 medium packet	1 large packet	
chicken breast**	1 small packet	2 small packets OR 1 large packet	
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^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Per Serving	Per 100g
3023kJ (723Cal)	536kJ (128Cal)
39.1g	6.9g
24.1g	4.3g
11g	2g
91.3g	16.2g
20.3g	3.6g
1385mg	246mg
	3023kJ (723Cal) 39.1g 24.1g 11g 91.3g 20.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2937kJ (702Cal)	521kJ (125Cal)
Protein (g)	43.7g	7.7g
Fat, total (g)	16.6g	2.9g
- saturated (g)	8.7g	1.5g
Carbohydrate (g)	91.3g	16.2g
- sugars (g)	20.3g	3.6g
Sodium (mg)	1366mg	242mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the garlic rice

- Finely chop garlic.
- In a medium saucepan, heat the butter with a dash of olive oil over medium heat. Cook garlic until fragrant, 1-2 minutes.
- Add basmati rice, the water and a generous pinch of salt, stir, then bring to the boil. Reduce heat to low and cover with a lid. Cook for 10 minutes, then remove from heat and keep covered until rice is tender and the water is absorbed, 10 minutes.

TIP: The rice will finish cooking in its own steam so don't peek!



Get prepped

- While the rice is cooking, halve any thicker stalks of baby broccoli (see ingredients) lengthways and cut into thirds.
- Slice courgette into half-moons. Thinly slice carrot into rounds.



Season the chicken

- · Cut chicken thigh into 2cm chunks.
- In a large bowl, add sweet soy seasoning and chicken and toss to coat.

Custom Recipe: If you've swapped to chicken breast, prepare chicken as above.



Cook the chicken

 In a large frying pan, heat a drizzle of olive oil over high heat. Cook chicken, tossing, until browned and cooked through, 3-4 minutes. Transfer to a plate.

TIP: Chicken is cooked through when it's no longer pink inside.



Cook the veggies

- Return frying pan to medium-high heat with a drizzle of olive oil. Cook baby broccoli, carrot and courgette with a splash of water, tossing, until just tender, 5-6 minutes.
- In the last minute of cook time, add ginger paste, sweet chilli sauce and the soy sauce and toss to coat.



Serve up

- Season garlic rice with pepper.
- Divide garlic rice between bowls. Top with sweet soy chicken and veggies.
- Garnish with **crispy shallots** to serve. Enjoy!



