



# Sweet-Soy Chicken & Garlic Rice

with Ginger Veggies & Crispy Shallots

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Baby Broccoli



Courgette



Carrot



Chicken Thigh



Sweet Soy Seasoning



Ginger Paste



Sweet Chilli Sauce



Crispy Shallots



Chicken Breast

### 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

Eat Me Early

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter, Soy Sauce

## 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
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
<b>butter*</b>	20g	40g
basmati rice	1 medium packet	1 large packet
<b>water*</b>	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
<b>soy sauce*</b>	2 tsp	1 tbs
crispy shallots	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3023kJ (723Cal)	536kJ (128Cal)
Protein (g)	39.1g	6.9g
Fat, total (g)	24.1g	4.3g
- saturated (g)	11g	2g
Carbohydrate (g)	91.3g	16.2g
- sugars (g)	20.3g	3.6g
Sodium (mg)	1385mg	246mg

### 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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW10



1



## 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!

4



## 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.

2



## 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.

5



## 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.

3



## 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.

6



## 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!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)