



Ginger-Soy Chicken & Baby Broccoli

with Garlic Rice & Crispy Shallots

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Baby Broccoli



Asian Greens



Carrot



Chicken Thigh



Sweet Soy Seasoning



Ginger Paste



Sweet Chilli Sauce



Crispy Shallots



Chicken Breast

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

Eat Me Early

This fragrant meal packs flavour in every bite. From the garlic rice to the spiced chicken brimming with sweet and savoury notes and the colourful veggies, this is so much better than takeaway!

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
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
baby broccoli	½ medium bunch	1 medium bunch
Asian greens	1 packet	2 packets
carrot	1	2
chicken thigh	1 medium packet	2 medium 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*	1 tbs	2 tbs
crispy shallots	1 medium packet	1 large packet
chicken breast**	1 medium packet	2 medium 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)	2964kJ (708Cal)	510kJ (122Cal)
Protein (g)	49.5g	8.5g
Fat, total (g)	14.6g	2.5g
- saturated (g)	8.1g	1.4g
Carbohydrate (g)	91.5g	15.7g
- sugars (g)	20.3g	3.5g
Sodium (mg)	1402mg	241mg

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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW14



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 the **water** and a generous pinch of **salt** and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

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



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, **5-6 minutes**. Transfer to a plate and cover to keep warm.

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

Custom Recipe: Cook chicken as above.



Get prepped

- While the rice is cooking, halve any thicker stalks of **baby broccoli** (see ingredients) lengthways and cut into thirds.
- Roughly chop **Asian greens**. Thinly slice **carrot** into rounds.



Cook the veggies

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli** and **carrot** with a splash of **water**, tossing, until just tender, **3-4 minutes**.
- Add **Asian greens** and cook until just wilted, **2-3 minutes**.
- In the last **minute** of cook time, add **ginger paste**, **sweet chilli sauce** and the **soy sauce** and toss to coat.



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, follow step as above.



Serve up

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

Rate your recipe

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