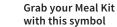


Ginger-Soy Chicken & Baby Broccoli with Garlic Rice & Crispy Shallots

TAKEAWAY FAVES













Baby Broccoli



Asian Greens





Chicken Thigh

Carrot





Seasoning



Sweet Chilli



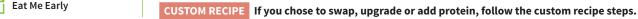
Ginger Paste

Crispy Shallots





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



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

in ign concrite			
2 People	4 People		
refer to method	refer to method		
2 cloves	4 cloves		
20g	40g		
1¼ cups	2½ cups		
1 medium packet	1 large packet		
½ medium bunch	1 medium bunch		
1 packet	2 packets		
1	2		
1 medium packet	2 medium packets OR 1 large packet		
1 sachet	2 sachets		
1 medium packet	1 large packet		
1 medium packet	1 large packet		
1 tbs	2 tbs		
1 medium packet	1 large packet		
1 medium packet	2 medium packets OR 1 large packet		
	refer to method 2 cloves 20g 1½ cups 1 medium packet ½ medium bunch 1 packet 1 1 medium packet 1 sachet 1 medium packet 1 medium packet 1 tbs 1 medium 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

2024 | CW14

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 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!



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.



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.



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.



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.



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!

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate