



# Honey-Soy Chicken Stir-Fry

with Garlic Rice & Crispy Shallots

Grab your Meal Kit  
with this symbol



Garlic



Basmati Rice



Carrot



Sweetcorn



Zesty Chilli  
Salt



Honey-Soy  
Sauce



Crispy Shallots



Diced Chicken

## Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **15 mins**  
Ready in: **25 mins**

**1** Eat Me Early

Sure, whipping up a honey-soy sauce at home is easy, but we've made it even easier by using a ready-made sauce. It's the ideal accompaniment to tender diced chicken, stir-fried veggies and buttery garlic rice.

## Pantry items

Olive Oil, Butter



## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan with a lid- Large frying pan

## Ingredients

	2 People
<b>olive oil*</b>	refer to method
<b>garlic</b>	2 cloves
<b>butter*</b>	20g
basmati rice	1 packet
<b>water*</b>	1½ cups
carrot	1
sweetcorn	½ tin (150g)
diced chicken	1 packet
zesty chilli salt	1 sachet
honey-soy sauce	1 medium packet
crispy shallots	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2930kJ (700Cal)	672kJ (161Cal)
Protein (g)	36.4g	8.3g
Fat, total (g)	12.8g	2.9g
- saturated (g)	7.6g	1.7g
Carbohydrate (g)	106.3g	24.4g
- sugars (g)	34g	7.8g
Sodium (mg)	1904mg	437mg

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

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1



## Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, melt 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 pan from heat. Keep covered until rice is tender and water is absorbed, **10 minutes**.

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

3



## Cook the stir-fry

- In large frying pan, heat drizzle of **olive oil** over high heat. When oil is hot, cook **chicken** until browned and cooked through, **2-3 minutes**.
- Add **carrot** and **sweetcorn**, and cook until veggies are tender, **4-5 minutes**.
- Add **honey-soy sauce** and cook until slightly thickened, **1-2 minutes**.

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

**TIP:** Cover the pan with a lid if the corn kernels are "popping" out.

2



## Get prepped

- While the rice is cooking, slice **carrot** into half-moons. Drain the **sweetcorn** (see ingredients).
- In a medium bowl, combine **diced chicken**, **zesty chilli salt** and a drizzle of **olive oil**.

4



## Serve up

- Divide garlic rice between bowls.
- Top with honey-soy chicken stir-fry. Spoon over any remaining sauce.
- Sprinkle over **crispy shallots to serve**. Enjoy!

**Little cooks:** Add the finishing touch by sprinkling over the crispy shallots!

## Rate your recipe

Did we make your tastebuds happy?

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