



# Honey-Soy Chicken Stir-Fry

with Garlic Rice & Crispy Shallots

Grab your Meal Kit  
with this symbol



Garlic



Basmati Rice



Carrot



Baby Broccoli



Sweet Soy  
Seasoning



Honey-Soy  
Sauce



Crispy Shallots



Diced Chicken



## Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and 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



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 |
| garlic              | 2 cloves        |
| <b>butter*</b>      | 20g             |
| basmati rice        | 1 packet        |
| <b>water*</b>       | 1 ½ cups        |
| carrot              | 1               |
| baby broccoli       | 1 bag (90g)     |
| diced chicken       | 1 packet        |
| sweet soy seasoning | 1 sachet        |
| honey-soy sauce     | 1 medium packet |
| crispy shallots     | 1 packet        |

\*Pantry Items

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 2928kJ (700Cal) | 679kJ (162Cal) |
| Protein (g)      | 36.9g           | 8.6g           |
| Fat, total (g)   | 13g             | 3g             |
| - saturated (g)  | 7.6g            | 1.8g           |
| Carbohydrate (g) | 105.6g          | 24.5g          |
| - sugars (g)     | 33.7g           | 7.8g           |
| Sodium (mg)      | 1909mg          | 443mg          |

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.

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 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!

**Little cooks:** Help out with measuring the water.

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, **2-3 minutes**.
- Add **carrot** and **baby broccoli**, and cook until veggies are tender and **chicken** is cooked through, **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.

2



## Get prepped

- While the rice is cooking, slice **carrot** into half-moons. Trim **baby broccoli** and cut into thirds.
- In a medium bowl, combine **diced chicken**, **sweet soy seasoning** and a drizzle of **olive oil**.

**Little cooks:** Take charge by helping to flavour the chicken!

4



## Serve up

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

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

## We're here to help!

Scan here if you have any questions or concerns

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