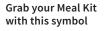


Honey-Soy Chicken Stir-Fry with Garlic Rice & Crispy Shallots







Garlic

Basmati Rice



Baby Broccoli

Carrot





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

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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 \cdot Large frying pan

Ingredients

	2 People
olive oil*	refer to method
garlic	2 cloves
butter*	20g
basmati rice	1 packet
water*	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** 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 **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.



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!





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.

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!

Rate your recipe Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.co.nz/rate

