



# Sweet Miso-Glazed Chicken

with Sesame-Garlic Rice & Crispy Shallots

Grab your Meal Kit  
with this symbol



## 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!



Garlic



Basmati Rice



Miso Paste



Chicken Breast



Sweet Soy Seasoning



Broccoli



Carrot



Sesame Seeds



Ginger & Lemongrass Paste



Mayonnaise



Crispy Shallots



Chicken Thigh

7

Hands-on: **30-40 mins**  
Ready in: **35-45 mins**

!

Eat Me Early



**CUSTOM RECIPE**

If you chose to swap, upgrade or add protein, follow the custom recipe steps.

This dish is a perfect combination of bright veggies, miso-glazed chicken and sesame-garlic rice, with the feel-good factor of creating a magnificent Asian-inspired meal from scratch.

## Pantry items

Olive Oil, Butter, Rice Wine Vinegar



## 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	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
miso paste	½ packet	1 packet
rice wine vinegar*	½ tbs	1 tbs
chicken breast	1 packet	1 packet
sweet soy seasoning	1 sachet	2 sachets
broccoli	1 head	2 heads
carrot	1	2
sesame seeds	1 sachet	1 sachet
ginger & lemongrass paste	1 packet	1 packet
mayonnaise	1 packet (40g)	1 packet (80g)
crispy shallots	1 sachet	1 sachet
chicken thigh**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3734kJ (892Cal)	651kJ (156Cal)
Protein (g)	48.5g	8.5g
Fat, total (g)	37.3g	6.5g
- saturated (g)	11.5g	2g
Carbohydrate (g)	86g	15g
- sugars (g)	10.6g	1.8g
Sodium (mg)	1559mg	272mg

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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.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

2022 | CW13

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## Cook the garlic rice

Finely chop **garlic**. In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add **basmati rice**, **water** and a pinch of **salt**, stir, then bring to the boil. Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and the water is absorbed, **10 minutes**.

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

2



## Get prepped

In a small bowl, combine **miso paste** (see ingredients), **rice wine vinegar** and a splash of **water**. Set aside. Cut **chicken breast** into 2cm chunks. In a medium bowl, combine **sweet soy seasoning** and a drizzle of **olive oil**. Add **chicken** and toss to coat.

### CUSTOM RECIPE

If you swapped your chicken breast to chicken thigh, prep chicken in the same way as above.

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## Prep the veggies

Cut **broccoli** into small florets and roughly chop stalk. Thinly slice **carrot** into half-moons.

4



## Cook the veggies

Heat a large frying pan over medium-high heat. Toast **sesame seeds**, tossing, until golden, **3-4 minutes**. Transfer to a bowl. Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **broccoli** and **carrot** with a splash of **water**, tossing occasionally, until tender, **5-6 minutes**. Add **ginger & lemongrass paste** and remaining **garlic** and cook until fragrant, **1 minute**. Transfer to a bowl.

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## Cook the chicken

While the veggies are cooking, return the frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**. Remove pan from the heat, then add **miso mixture** and cook, stirring, until thickened and chicken is coated, **1-2 minutes**.

### CUSTOM RECIPE

Cook chicken thigh in the same way as above.

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## Serve up

Stir toasted sesame seeds through garlic rice. Divide sesame-garlic rice between bowls. Top with ginger veggies and miso-glazed chicken. Spoon over any remaining glaze. Top with **mayonnaise** and garnish with **crispy shallots** to serve.

## Enjoy!