



# Hawker-Style Chicken & Veggie Stir-Fry

with Rapid Rice & Crispy Shallots

TAKEAWAY FAVES

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Basmati Rice



Asian Greens



Baby Broccoli



Chicken Breast



Curry Powder



Garlic Paste



Oyster Sauce



Herbs



Crispy Shallots



Chicken Thigh

### Recipe Update

Due to local availability, the ingredients you receive may be a little different to what's pictured. It'll be just as delicious, just follow your recipe card!

Prep in: 20-30 mins  
Ready in: 25-35 mins

Calorie Smart

Eat Me Early

You can bring those streetfood tastes that you love into your kitchen with a stir-fry that's bound to hit the spot. The chicken is cooked in rich curry spice and the veggies are sweetly sticky, tossed in an oyster sauce. The ease of this dish will blow you away.

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

### Pantry items

Olive Oil, Brown Sugar



## 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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
basmati rice	1 packet	1 packet
Asian greens	1 bunch	2 bunches
baby broccoli	½ bag	1 bag
chicken breast	1 small packet	2 small packets OR 1 large packet
curry powder	1 sachet	2 sachets
garlic paste	1 medium packet	1 large packet
oyster sauce	1 large packet	2 large packets
<b>brown sugar*</b>	1 tbs	2 tbs
<b>water*</b>	¼ cup	½ cup
herbs	½ bag	1 bag
crispy shallots	1 medium packet	1 large packet
chicken thigh**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2441kJ (583Cal)	537kJ (128Cal)
Protein (g)	41.6g	9.2g
Fat, total (g)	7.9g	1.7g
- saturated (g)	3g	0.7g
Carbohydrate (g)	82.5g	18.1g
- sugars (g)	12.7g	2.8g
Sodium (mg)	1998mg	440mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2527kJ (604Cal)	556kJ (133Cal)
Protein (g)	37.1g	8.2g
Fat, total (g)	15.3g	3.4g
- saturated (g)	5.3g	1.2g
Carbohydrate (g)	82.5g	18.1g
- sugars (g)	12.7g	2.8g
Sodium (mg)	2016mg	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.

## We're here to help!

Scan here if you have any questions or concerns



2024 | CW02

1



## Make the rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **basmati rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12 minutes**.
- Drain and set aside.

3



## Make the stir-fry

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli** until tender, **2-3 minutes**.
- Add **Asian greens** and cook until tender, **2-3 minutes**.
- Add **garlic paste**, **oyster sauce**, the **brown sugar** and **water**, and cook until slightly reduced, **1-2 minutes**.
- Remove pan from heat, then add **chicken** and toss to combine.

2



## Get prepped

- Meanwhile, roughly chop **Asian greens**. Cut **baby broccoli** (see ingredients) into thirds. Cut **chicken breast** into 2cm chunks.
- In a medium bowl, combine **curry powder**, a drizzle of **olive oil** and a pinch of **salt**. Add **chicken**, then toss to coat.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**. Transfer to a plate.

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

**Custom Recipe:** If you've swapped from chicken breast to chicken thigh, cut in 2cm chunks. Flavour and cook the chicken in the same way as above.

4



## Serve up

- Divide rapid rice between bowls.
- Top with hawker-style chicken and veggie stir-fry.
- Tear over **herbs** (see ingredients) and sprinkle over **crispy shallots** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)