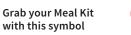


# Hawker-Style Chicken & Veggie Stir-Fry with Rapid Rice & Crispy Shallots

TAKEAWAY FAVES

CLIMATE SUPERSTAR















Baby Broccoli



Chicken Breast





Garlic Paste

Curry Powder



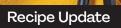


**Oyster Sauce** 



Crispy Shallots





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

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.



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
olive oil*	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
brown sugar*	1 tbs	2 tbs
water*	1/4 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

<sup>\*</sup>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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Scan here if you have any questions or concerns

2024 | CW02





#### 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.



### Make the stir-fru

- 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.



# 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.



### 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

