



Char Siu Chicken & Veggie Stir-Fry

with Jasmine Rice & Coriander

NEW

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Jasmine Rice



Celery



Carrot



Asian Greens



Chicken Breast



Sweet Soy Seasoning



Char Siu Paste



Coriander



Beef Strips

Prep in: 10-20 mins
Ready in: 25-35 mins

Eat Me Early

Sticky and fragrant, it's char siu chicken, ready in a blink of an eye to satisfy all your stir-fry needs. Fluffy jasmine rice is must to soak up all the rich sticky sauce because we can't get enough of this char siu stir-fry.

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

Pantry items

Olive Oil, Soy Sauce

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
jasmine rice	1 packet	1 packet
celery	1 stalk	2 stalks
carrot	1	2
Asian greens	1 bunch	2 bunches
chicken breast	1 small packet	2 small packets OR 1 large packet
sweet soy seasoning	1 sachet	2 sachets
char siu paste	1 packet (75g)	1 packet (150g)
soy sauce*	1 tsp	2 tsp
coriander	½ bag	1 bag
beef strips**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2817kJ (673Cal)	559kJ (134Cal)
Protein (g)	41.4g	8.2g
Fat, total (g)	11.7g	2.3g
- saturated (g)	2.3g	0.5g
Carbohydrate (g)	98.3g	19.5g
- sugars (g)	30.1g	6g
Sodium (mg)	2028mg	402mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2869kJ (686Cal)	612kJ (146Cal)
Protein (g)	37g	7.9g
Fat, total (g)	14.8g	3.2g
- saturated (g)	4.1g	0.9g
Carbohydrate (g)	97.5g	20.8g
- sugars (g)	30g	6.4g
Sodium (mg)	1979mg	422mg

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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW06



1



Cook the rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **jasmine rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12-14 minutes**.
- Drain, rinse with warm water and set aside.

3



Cook the stir-fry

- Heat a large frying pan over high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken**, **celery** and **carrot**, tossing occasionally, until browned and cooked through, **6-8 minutes**.
- Add **sweet soy seasoning** and **Asian greens**, then cook until wilted and fragrant, **2-3 minutes**.
- Reduce heat to medium, add **char siu paste** and the **soy sauce** and stir until slightly reduced, **1-2 minutes**.

Custom Recipe: If you've swapped to beef strips, heat the pan as above. When oil is hot, cook beef strips in batches, tossing, until browned and cooked through, 1-2 minutes. Transfer to a plate. Continue with step as above, returning beef to pan with char siu paste and soy sauce.

2



Get prepped

- Meanwhile, thinly slice **celery**. Thinly slice **carrot** into half-moons. Roughly chop **Asian greens**.
- Cut **chicken breast** into 2cm chunks.

4



Serve up

- Divide jasmine rice between bowls.
- Top with char siu chicken and veggie stir-fry.
- Tear over **coriander** (see ingredients) to serve. Enjoy!

Rate your recipe

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