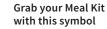


Asian Popcorn Chicken & Garlic Rice with Oyster Sauce Veggies & Sesame Dressing

CLIMATE SUPERSTAR













Chicken Thigh



Seasoning









Ginger Paste





Sesame Dressing





Eat Me Early



Pan-fried chicken and stir-fried veggies; it's almost too good to be true. Cook the veggies in a umami oyster sauce and sprinkle chicken in a delicious seasoning. This will help to give it a signature golden glow. Even the rice has an extra kick of flavour from the garlic. This dinner really is a dream come true!



Olive Oil, Butter, Plain Flour, Sesame Oil, Vinegar (White Wine or Rice Wine)

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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 with a lid · Large frying pan

Ingredients

3				
	2 People	4 People		
olive oil*	refer to method	refer to method		
garlic	3 cloves	6 cloves		
butter*	20g	40g		
water*	1¼ cups	2½ cups		
jasmine rice	1 medium packet	1 large packet		
chicken thigh	1 medium packet	2 medium packets OR 1 large packet		
sweet soy seasoning	1 medium sachet	2 medium sachets		
cornflour	1 packet	2 packets		
plain flour*	1 tbs	2 tbs		
sesame oil*	drizzle	drizzle		
Asian stir-fry mix	1 medium packet	1 large packet		
ginger paste	1 medium packet	1 large packet		
oyster sauce	1 medium packet	1 large packet		
vinegar* (white wine or rice wine)	1 tsp	2 tsp		
sesame dressing	1 medium packet	1 large packet		
chicken thigh**	1 medium packet	2 medium packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2500kJ (598Cal)	520kJ (124Cal)
Protein (g)	34.5g	7.2g
Fat, total (g)	29.8g	6.2g
- saturated (g)	11g	2.3g
Carbohydrate (g)	53.5g	11.1g
- sugars (g)	16.2g	3.4g
Sodium (mg)	1858mg	387mg
Dietary Fibre (g)	8.9g	1.9g
Custom Recipe		

Custom Recipe		
Avg Qty	Per Serving	Per 100g
Energy (kJ)	3331kJ (796Cal)	520kJ (124Cal)
Protein (g)	63g	9.8g
Fat, total (g)	42.5g	6.6g
- saturated (g)	14.9g	2.3g
Carbohydrate (g)	54.3g	8.5g
- sugars (g)	16.2g	2.5g
Sodium (mg)	1976mg	309mg
Dietary fibre	8.9g	1.4g

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





Cook the garlic rice

- Finely chop garlic.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook half the garlic until fragrant, 1-2 minutes.
- · Add the water and a generous pinch of salt to the pan and bring to the boil.
- · Add jasmine rice, stir, cover with a lid and reduce heat to low.
- Cook for 12 minutes, then remove from heat and keep covered until rice is tender and water is absorbed, 10-15 minutes.

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



Flavour the chicken

- Meanwhile, cut chicken thigh into 2cm chunks.
- In a medium bowl, combine sweet soy **seasoning**, the remaining **garlic** and a drizzle of olive oil. Add chicken and toss to combine.

Custom Recipe: If you've doubled your chicken thigh, flavour in a large bowl and cook chicken in batches for best results.



Cook the chicken

- When the rice has 10 minutes remaining, add cornflour and the plain flour to the bowl of chicken. Toss to coat.
- · Heat a large frying pan over medium-high heat with enough **olive oil** to cover the base. When oil is hot, dust off any excess flour from chicken and cook, turning occasionally, until browned and cooked through, 5-6 minutes. Transfer to a paper towel-lined plate.

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



Cook the veggies

- · Wipe out the frying pan, then return to medium-high heat with a drizzle of sesame oil.
- Cook Asian stir-fry mix and ginger paste until tender and fragrant, 2-3 minutes.

TIP: Cover the pan with a lid if the ginger paste starts to spatter!



Make it saucy

• Remove pan from heat, then add oyster sauce, the vinegar and a splash of water. Season with salt and pepper and stir to combine.



Serve up

- · Divide garlic rice between bowls.
- Top with oyster sauce veggies and Asian popcorn chicken.
- Drizzle with sesame dressing to serve. Enjoy!

