



Asian Popcorn Chicken & Garlic Rice

with Oyster Sauce Veggies & Sesame Dressing

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Chicken Thigh



Sweet Soy Seasoning



Cornflour



Asian Stir-Fry Mix



Ginger Paste



Oyster Sauce



Sesame Dressing



Chicken Thigh

Prep in: 20-30 mins
Ready in: 30-40 mins



Calorie Smart*
**Custom Recipe is not Calorie Smart*

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!



Eat Me Early

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

Pantry items

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

	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

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](https://www.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 | CW24



1 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!



4 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!



2 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.



5 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.



3 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.



6 Serve up

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

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