



Hawker-Style Chicken & Veggie Stir-Fry

with Rapid Rice & Chilli Flakes

FEEL-GOOD TAKEAWAY

Grab your meal kit with this number

30



Jasmine Rice



Asian Greens



Broccoli



Chicken Breast



Curry Powder



Garlic Paste



Oyster Sauce



Coriander



Chilli Flakes (Optional)



Chicken Thigh

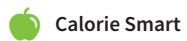


Chicken Breast

Recipe Update

We've replaced the crispy shallots in this recipe with chilli flakes due to local ingredient availability. 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.

Pantry items

Olive Oil, Brown Sugar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 medium packet	1 large packet
Asian greens	½ packet	1 packet
broccoli	½ head	1 head
chicken breast	1 medium packet	2 medium packets OR 1 large packet
curry powder	1 sachet	2 sachets
garlic paste	1 small packet	1 medium packet
oyster sauce	1 large packet	2 large packets
brown sugar*	1 tbs	2 tbs
water*	¼ cup	½ cup
coriander	1 packet	1 packet
chilli flakes (optional)	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2003kJ (479Cal)	390kJ (93Cal)
Protein (g)	46.9g	9.1g
Fat, total (g)	11.3g	2.2g
- saturated (g)	3.2g	0.6g
Carbohydrate (g)	45.3g	8.8g
- sugars (g)	12.7g	2.5g
Sodium (mg)	2111mg	411mg
Dietary Fibre (g)	4.6g	0.9g

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.

1



Make 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 and set aside.

3



Make the stir-fry

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **broccoli** until tender, **3-4 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** (see ingredients). Chop **broccoli** (see ingredients) into small florets.
- 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**, 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.

4



Serve up

- Divide rapid rice between bowls.
- Top with hawker-style chicken and veggie stir-fry.
- Tear over **coriander** and sprinkle with **chilli flakes** (if using) to serve. Enjoy!

Scan here if you have any questions or concerns



CUSTOM OPTIONS



SWAP CHICKEN THIGH

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.



DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

