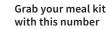


Hawker-Style Chicken & Veggie Stir-Fry with Rapid Rice, Asian Greens & Broccoli

FEEL-GOOD TAKEAWAY













Chicken Breast



Curry Powder





Oyster Sauce



Coriander



Crsipy Shallots



Chicken Thigh



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 a rich curry spice and the veggies are sweet and sticky, tossed in an oyster sauce. The ease of this dish will blow you away.



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* | 1/4 cup | ½ cup |
| coriander | 1 packet | 1 packet |
| crispy shallots | 1 medium packet | 1 large packet |
| | | |

^{*}Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 1923kJ (460cal) | 167kJ (40cal) |
| Protein (g) | 43g | 3.7g |
| Fat, total (g) | 11g | 1g |
| - saturated (g) | 3.1g | 0.3g |
| Carbohydrate (g) | 45g | 3.9g |
| - sugars (g) | 12.5g | 1.1g |
| Sodium (mg) | 2055mg | 178.7mg |
| Dietary Fibre (g) | 4.7g | 0.4g |
| | | |

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.



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.



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.



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.



Serve up

- Divide rapid rice between bowls.
- Top with hawker-style chicken and veggie stir-fry.
- Tear over **coriander** and sprinkle with **crispy shallots** to serve. Enjoy!



