



# Hawker-Style Chicken & Veggie Stir-Fry

with Rapid Rice, Asian Greens & Broccoli

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



Crispy Shallots



Chicken Thigh



Chicken Breast

Prep in: 20-30 mins  
Ready in: 25-35 mins

Calorie Smart

Protein Rich

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.

### 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
<b>olive oil*</b>	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
<b>brown sugar*</b>	1 tbs	2 tbs
<b>water*</b>	¼ 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](https://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

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## 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.

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## 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.

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## 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.

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## 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!

### CUSTOM OPTIONS



#### SWAP CHICKEN THIGH

Cut into bite-sized pieces. Cook with veggies 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.

