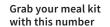


Braised Chinese Soy Chicken with Garlic Rice & Carrot Ribbon Salad

SLOW-COOKER FRIENDLY

NEW















Chicken Drumsticks

Ginger Paste





Sweet Soy Seasoning

Soy Sauce Mix





Hoisin Sauce





Carrot

Cucumber



Fresh Chilli (Optional)

Mixed Salad Leaves





Prep in: 20-30 mins Ready in: 240-250 mins



Protein Rich

This braised chicken is like a one-way ticket to flavour town. Time is all you need to turn chicken drumsticks into this meltingly tender delight, soaking up sweet soy flavours for a warm and comforting meal. Serve it over rice to get the most out of that sauce, and throw on a sprinkle of fresh chilli if you're feeling adventurous!

Pantry items

Olive Oil, Butter, Vinegar

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

 $\label{large formula} \mbox{Large frying pan} \cdot \mbox{Slow cooker or Ovenproof saucepan} \cdot \mbox{Medium saucepan with lid}$

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
onion	1/2	1
chicken drumsticks	1 medium packet	2 medium packets OR 1 large packet
ginger paste	1 medium packet	1 large packet
sweet soy seasoning	1 sachet	2 sachets
soy sauce mix	1 medium packet	1 large packet
hoisin sauce	1 packet	2 packets
water* (for the chicken)	½ cup	1 cup
butter*	20g	40g
jasmine rice	1 medium packet	1 large packet
water* (for the rice)	1¼ cups	2½ cups
carrot	1	2
cucumber	1 (medium)	1 (large)
fresh chilli ∮ (optional)	1/2	1
mixed salad leaves	1 small packet	1 medium packet
vinegar* (white wine or rice wine)	drizzle	drizzle

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2766kJ (661cal)	223kJ (53cal)
Protein (g)	44.5g	3.6g
Fat, total (g)	35.3g	2.9g
- saturated (g)	12.6g	1g
Carbohydrate (g)	40.7g	3.3g
- sugars (g)	10.1g	0.8g
Sodium (mg)	1590mg	128.4mg
Dietary Fibre (g)	7g	0.6g

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.



Start the chicken

- Finely chop garlic.
- Cut onion (see ingredients) into wedges.
- In a large frying pan, heat a drizzle of olive
 oil over high heat. Cook chicken drumsticks,
 turning, until browned on all sides, 3-4 minutes.
- Add ginger paste and half the garlic and cook until fragrant, 1 minute.



Finish the chicken

- Transfer chicken drumsticks (including pan juices!), onion, sweet soy seasoning, soy sauce mix, hoisin sauce and the water (for the chicken) to slow cooker and set cooking temperature to high.
- Place lid on slow cooker and cook, turning drumsticks each hour, until chicken is tender and the meat is falling off the bone, 4 hours.

TIP: If you don't have a slow cooker, preheat oven to 200°C/180°C fan-forced. Transfer mixture to an ovenproof saucepan, cover with lid (or tightly with foil) and bake until chicken is tender, 90 minutes.



Make the garlic rice

- When the slow cooker has 20 minutes remaining, in a medium saucepan, heat the butter with a dash of olive oil over medium heat.
- Cook remaining garlic until fragrant,
 1-2 minutes. Add jasmine rice, the water (for the rice) and a generous pinch of salt, stir, then bring to the boil.
- · Reduce heat to low and cover with a lid.
- Cook for 12 minutes, then remove from heat and keep covered until rice is tender and the water is absorbed, 10-15 minutes.

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



Get prepped

- Meanwhile, using a vegetable peeler, peel carrot into ribbons.
- Slice cucumber into half-moons.
- · Thinly slice fresh chilli (if using).



Toss the salad

 In a large bowl, combine carrot, cucumber, mixed salad leaves, a drizzle of vinegar and olive oil. Season to taste.



Serve up

- Divide garlic rice between bowls.
- Top with braised Chinese soy chicken and carrot ribbon salad.
- Garnish with fresh chilli (if using). Enjoy!



