

Braised Chinese Soy Chicken

with Garlic Rice & Carrot Ribbon Salad

SLOW-COOKER FRIENDLY

NEW

Grab your meal kit with this number

23



Garlic



Onion



Chicken Drumsticks



Ginger Paste



Sweet Soy Seasoning



Soy Sauce Mix



Hoisin Sauce



Jasmine Rice



Carrot



Cucumber



Fresh Chilli (Optional)



Mixed Salad Leaves



Diced Bacon



Chicken Thigh

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



Protein Rich



Eat Me Early

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

Large frying pan · Slow cooker or Ovenproof saucepan · Medium saucepan with lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
onion	½	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)	½	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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW45



Start the chicken

1. Finely chop **garlic**.
2. Cut **onion (see ingredients)** into wedges.
3. 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**.
4. Add **ginger paste** and half the **garlic** and cook until fragrant, **1 minute**.



Get prepped

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



Finish the chicken

1. 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.
2. 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.



Toss the salad

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



Make the garlic rice

1. When the slow cooker has **20 minutes** remaining, in a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
2. 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.
3. Reduce heat to low and cover with a lid.
4. 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!



Serve up

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

CUSTOM OPTIONS

+ ADD DICED BACON

In a large frying pan, cook with a drizzle of olive oil until browned, 4-5 minutes. Sprinkle over before serving.

🔄 SWAP TO CHICKEN THIGH

Follow method above, turning each hour.

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

