

Asian Stir-Fried Chicken & Nutty Garlic Rice

with Oyster Sauce Veggies & Sesame Dressing

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Chicken Breast



Sweet Soy Seasoning



Cornflour



Asian Stir-Fry Mix



Ginger Paste



Oyster Sauce



Crushed Peantus



Sesame Dressing

Prep in: 20-30 mins
Ready in: 30-40 mins

 Eat Me Early

Pan-fried chicken and stir-fried veggies; it's almost too good to be true. Cook the veggies in a umami oyster sauce and sprinkle on the delicious combination of sweet and soy over the chicken. This will help to give it a signature golden glow. Even the rice has an extra kick of flavour from the garlic and peanuts. This dinner really is a dream come true!

Pantry items

Olive Oil, Butter, Plain Flour, Sesame Oil, Rice Wine Vinegar

Before you start

Wash your hands and any fresh food

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 with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
chicken breast	1 packet	1 packet
sweet soy seasoning	1 sachet	2 sachets
cornflour	1 packet	2 packets
plain flour*	1 tbs	2 tbs
sesame oil*	drizzle	drizzle
Asian stir-fry mix	1 bag (300g)	1 bag (600g)
ginger paste	1 medium packet	1 large packet
oyster sauce	1 packet (45g)	1 packet (100g)
rice wine vinegar*	1 tsp	2 tsp
crushed peanuts	1 packet	2 packets
sesame dressing	1 packet (40g)	1 packet (80g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3342kJ (799Cal)	691kJ (165Cal)
Protein (g)	37.5g	7.8g
Fat, total (g)	32.6g	6.7g
- saturated (g)	11.7g	2.4g
Carbohydrate (g)	97.1g	20.1g
- sugars (g)	16.8g	3.5g
Sodium (mg)	1833mg	379mg

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://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add the **water** and a generous pinch of **salt** to the pan and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

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

4



Cook the veggies

- Wipe out the frying pan, then return to medium-high heat with a drizzle of **sesame oil**.
- Cook **Asian stir-fry mix** and **ginger paste** until tender and fragrant, **2-3 minutes**.

TIP: Cover the pan with a lid if the ginger paste starts to spatter!

2



Flavour the chicken

- Meanwhile, cut **chicken breast** into 2cm chunks.
- In a medium bowl, combine **sweet soy seasoning**, the remaining **garlic** and a drizzle of **olive oil**. Add **chicken** and toss to combine.

3



Cook the chicken

- When the rice has **10 minutes** remaining, add **cornflour** and the **plain flour** to the bowl of **chicken** and toss to coat.
- Heat a large frying pan over medium-high heat with enough **olive oil** to cover the base. When oil is hot, dust off any excess **cornflour** from **chicken** and cook, turning occasionally, until browned and cooked through, **5-6 minutes**. Transfer to a paper towel-lined plate.

5



Make it saucy

- Remove pan from heat, then add **oyster sauce**, the **rice wine vinegar** and a splash of **water**. Season with **salt** and **pepper** and stir to combine.

6



Serve up

- To the garlic rice, add **crushed peanuts** and stir to combine.
- Divide nutty garlic rice between bowls.
- Top with oyster sauce veggies and Asian stir-fried chicken.
- Dollop with **sesame dressing** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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