

Baked Miso & Ginger Chicken

with Soy Veggies & Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Green Beans



Carrot



Asian Greens



Miso Paste



Ginger Paste



Black Sesame Seeds



Chicken Breast

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 30-40 mins
 Ready in: 40-50 mins

Eat Me Early

This dish is a perfect combination of bright veggies, miso and ginger-glazed chicken and garlic rice, with the feel-good factor of creating a magnificent Asian-inspired meal from scratch.

Pantry items

Olive Oil, Butter, Honey, Soy Sauce

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan · Oven tray

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
green beans	1 bag (100g)	1 bag (200g)
carrot	1	2
Asian greens	1 bag	2 bags
miso paste	1 packet	2 packets
ginger paste	1 medium packet	1 large packet
honey*	½ tbs	1 tbs
black sesame seeds	1 sachet	1 sachet
chicken breast	1 packet	1 packet
soy sauce*	1½ tbs	3 tbs

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2997kJ (716Cal)	556kJ (133Cal)
Protein (g)	44.1g	8.2g
Fat, total (g)	23.9g	4.4g
- saturated (g)	8.6g	1.6g
Carbohydrate (g)	79g	14.7g
- sugars (g)	10.1g	1.9g
Sodium (mg)	1579mg	293mg

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.



1 Make the garlic rice

Preheat oven to **220°C/200°C fan-forced**. Finely chop **garlic**. In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**. Add **basmati rice**, the **water** and a generous pinch of **salt**, stir, then bring to the boil. Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10 minutes**.

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



4 Bake the chicken

Return the frying pan to high heat with a drizzle of **olive oil**. Cook **chicken breast** until browned, **2 minutes** each side. Place 30cm squares of aluminium foil (one per person) on an oven tray. Divide **chicken** between the foil squares, then spoon over **miso-ginger glaze**. Fold foil inwards to form sealed parcels, then transfer to the oven. Bake chicken until cooked through, **10-14 minutes**.

TIP: Chicken is cooked through when it's no longer pink inside.



2 Get prepped

While the rice is cooking, trim and halve **green beans**. Thinly slice **carrot** into sticks. Roughly chop **Asian greens**.



5 Cook the veggies

Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **green beans** and **carrot** until tender, **3-4 minutes**. Add **Asian greens** and cook until wilted, **1-2 minutes**. Remove from heat, then add the **soy sauce**. Toss to combine.

TIP: Add a dash of water to help speed up the veggie cooking process.



3 Make the miso-ginger glaze

In a small bowl, combine **miso paste**, **ginger paste**, the **honey** and a dash of **water**. Heat a large frying pan over medium-high heat. Toast **black sesame seeds**, tossing, until golden, **3-4 minutes**. Transfer to a bowl.



6 Serve up

Open up foil parcels, then slice chicken. Divide garlic rice between bowls. Top with soy veggies and baked miso chicken. Spoon over any juices from chicken parcels. Garnish with toasted sesame seeds to serve.

Enjoy!