

Chinese Chicken & Broccoli Stir-Fry

with Garlic Rice & Peanuts

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Red Onion



Ginger



Carrot



Broccoli



Chicken Thigh




Oyster Sauce



Roasted Peanuts

 Hands-on: **30-40 mins**
Ready in: **35-45 mins**

 Eat me early

With a luscious, mild oyster and garlic-spiked sauce and a smattering of roasted peanuts to finish the dish, this colourful meal has all the delicious flavours of takeaway, except that it's so much better!

Pantry items

Olive Oil, Butter, Brown Sugar, Rice Wine Vinegar, Plain Flour

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 or wok

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
water* (for the rice)	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
jasmine rice	1 packet	1 packet
red onion	½	1
ginger	1 knob	2 knobs
carrot	1	2
broccoli	1 head	2 heads
chicken thigh	1 packet	1 packet
oyster sauce	1 packet (100g)	2 packets (200g)
brown sugar*	4 tsp	2½ tbs
rice wine vinegar*	1 tbs	2 tbs
plain flour*	1 tsp	2 tsp
water* (for the sauce)	½ cup	¾ cup
roasted peanuts	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3020kJ (721Cal)	554kJ (132Cal)
Protein (g)	47.2g	8.7g
Fat, total (g)	17.3g	3.2g
- saturated (g)	3.8g	0.7g
Carbohydrate (g)	88.4g	16.2g
- sugars (g)	20.9g	3.8g
Sodium (mg)	2540mg	467mg

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.



Cook the garlic rice

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

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



Cook the veggies

Return the frying pan or wok to a medium-high heat with a drizzle of **olive oil**. Add the **onion**, **carrot** and **broccoli** and cook until starting to soften, **5-6 minutes**.

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



Get prepped

While the rice is cooking, thinly slice the **red onion** (see ingredients). Grate the **ginger**. Thinly slice the **carrot** (unpeeled) into half-moons. Cut the **broccoli** into small florets, then roughly chop the stalk. Cut the **chicken thigh** into 2cm pieces. In a medium bowl, combine the **oyster sauce**, **ginger**, **brown sugar**, **rice wine vinegar**, **plain flour**, **water (for the sauce)** and remaining **garlic**. Mix well with a fork. Set aside.



Add the sauce

Return the **chicken** to the pan with the **veggies**, then pour in the **oyster sauce mixture**. Cook, tossing, until thickened slightly and well coated, **1-2 minutes**. Stir through the **roasted peanuts**. Season to taste.



Cook the chicken

In a large frying pan or wok, heat a drizzle of **olive oil** over a high heat. Cook the **chicken**, tossing, until browned and cooked through, **5-6 minutes** (cook in batches if your pan is getting crowded). Season with **salt** and **pepper**. Transfer to a bowl.



Serve up

Divide the garlic rice between bowls and top with the Chinese chicken and broccoli stir-fry.

Enjoy!