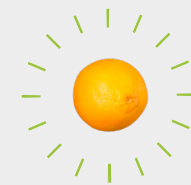




CHINESE HOISIN & ORANGE-GLAZED CHICKEN

with Jasmine Rice & Asian Greens



Use orange juice
in a stir fry



Basmati Rice



Ginger



Garlic



Orange



Carrot



Asian Greens



Coriander



Long Green Chilli
(Optional)



Chicken Thigh



Hoisin Sauce

Hands-on: **25 mins**
Ready in: **35 mins**

Eat me early

Spicy (optional long green chilli)

Yes, this delicious dish gets its addictive flavour from a fruity secret ingredient! Fresh orange juice provides a tangy, sweet touch to the fragrant sauce in this easy chicken stir-fry.

Pantry Staples: Olive Oil, Soy Sauce, Honey

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large frying pan**



1 COOK THE RICE

In a medium saucepan, add the **water** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered for another **10 minutes**, or until the rice is tender and the water is absorbed. **TIP:** *The rice will finish cooking in its own steam so don't peek!*



2 GET PREPPED

While the rice is cooking, finely grate the **ginger**. Finely grate the **garlic** (or use a garlic press). Juice the **orange** (you should get about **1/2 cup**). Thinly slice the **carrot** (unpeeled) into half moons. Roughly chop the **Asian greens**. Roughly chop the **coriander**. Thinly slice the **long green chilli** (if using).

TIP: *Green chillies can be hotter than red ones – deseed the chilli for less heat! Cut the **chicken thigh** into 2cm chunks.*



3 MAKE THE SAUCE

In a medium bowl, combine the **ginger**, **garlic**, **orange juice**, **soy sauce**, **honey** and **hoisin sauce**.



4 COOK THE CHICKEN

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **chicken** and cook, tossing, for **8-10 minutes**, or until browned and cooked through. Transfer to a plate.



5 FINISH THE SAUCE

Return the pan to a medium-high heat with a **drizzle of olive oil**. Add the **carrot** and cook for **2-3 minutes**, or until just tender. Add the **chicken** and **sauce mixture** and cook for **3-4 minutes**, or until thickened. Add the **Asian greens** and cook, stirring, for **1 minute**, or until tender.



6 SERVE UP

Divide the rice between bowls and top with the Chinese hoisin and orange-glazed chicken. Sprinkle the adult portions with the coriander and the long green chilli (if using).

TIP: *For kids, follow our serving suggestions in the main photo!*

ENJOY!

4-5 PEOPLE INGREDIENTS

| | 4-5P |
|------------------------------|-------------------|
| olive oil* | refer to method |
| water* | 3 cups |
| basmati rice | 2 packets |
| ginger | 2 knobs |
| garlic | 2 cloves |
| orange | 1 |
| carrot | 2 |
| Asian greens | 2 bunches |
| coriander | 1 bunch |
| long green chilli (optional) | 1 |
| chicken thigh | 1 packet |
| soy sauce* | 2 tsp |
| honey* | 1 tbs |
| hoisin sauce | 2 sachets (150 g) |

*Pantry Items

| NUTRITION | PER SERVING | PER 100G |
|------------------|-----------------|----------------|
| Energy (kJ) | 2750kJ (658Cal) | 593kJ (142Cal) |
| Protein (g) | 40.5g | 8.7g |
| Fat, total (g) | 14.0g | 3.0g |
| - saturated (g) | 4.1g | 0.9g |
| Carbohydrate (g) | 88.1g | 19.0g |
| - sugars (g) | 24.7g | 5.3g |
| Sodium (g) | 978mg | 211mg |

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
Hello@HelloFresh.co.nz

2018 | WK52

HelloFRESH