



Dinner - Honey-Soy Chicken Stir-Fry & Crispy Shallots + Kids' Dinner - Sticky Chicken & Veggies with Flat Noodles

Grab your Meal Kit with this symbol



Ginger Paste



Jasmine Rice



Carrot



Green Beans



Garlic



Sweet Soy Seasoning



Honey-Soy Sauce



Baby Spinach Leaves



Crispy Shallots



Chilli Flakes (Optional)



Herbs



Diced Chicken

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!

Kids' Dinner



Mixed Sesame Seeds



Flat Noodles

DINNER
Prep in: 35-45 mins
Ready in: 40-50 mins

KIDS' DINNER
Ready in: 10 mins

Eat Me Early

Enjoy one meal, two ways with our + Kids' Dinner range. Cook a delicious dinner for the adults and at the same time create a kid-friendly meal for the kids with a simple twist. Honey-soy chicken is a much loved dinner everyone wants to eat, whether that be with a stir-fry on rice or tossed through flat noodles for the kids.

Pantry items

Olive Oil, Butter

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

Two medium saucepans with a lid. Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butter*	20g	40g
ginger paste	1 medium packet	1 large packet
jasmine rice	1 packet	1 packet
water*	1¼ cups	2½ cups
carrot	2	3
green beans	1 bag (200g)	1 bag (200g) & 1 bag (100g)
garlic	4 cloves	6 cloves
sweet soy seasoning	2 sachets	3 sachets
diced chicken	1 large packet	1 large & 1 small packet
honey-soy sauce	1 large packet	1 large & 1 medium packet
baby spinach leaves	1 medium bag	1 medium bag & 1 small bag
crispy shallots	1 packet	1 packet
chilli flakes (optional) 🌶️	pinch	pinch
herbs	1 bag	1 bag
flat noodles	1 packet	1 packet
mixed sesame seeds	1 sachet	1 sachet

*Pantry Items

Nutrition

Dinner		
Avg Qty	Per Serving	Per 100g
Energy (kJ)	3300kJ (787Cal)	681kJ (163Cal)
Protein (g)	43.8g	9.0g
Fat, total (g)	16.1g	3.3g
- saturated (g)	8.4g	1.7g
Carbohydrate (g)	112g	23.1g
- sugars (g)	41.4g	8.6g
Sodium (g)	2720mg	562mg

Kids Dinner		
Avg Qty	Per Serving	Per 100g
Energy (kJ)	3270kJ (780Cal)	668kJ (160Cal)
Protein (g)	48.3g	9.9g
Fat, total (g)	7.8g	1.6g
- saturated (g)	1.3g	0.3g
Carbohydrate (g)	122g	24.9g
- sugars (g)	28.1g	5.7g
Sodium (mg)	3690mg	755mg

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

2022 | CW25



Cook the rice

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

Little cooks: Kids can help out with measuring the water for the rice.



Cook the veggies

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **green beans** until tender, **4-5 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**. Remove from heat, then add **honey-soy sauce**, **baby spinach leaves** and **chicken**. Toss to combine.



Get prepped

- Meanwhile, thinly slice **carrot** into half-moons.
- Trim **green beans** and slice into thirds.
- Finely chop **garlic**.



Serve adults' dinner

- Reserve two portions of chicken and veggies with stir-fry sauce for the kids' dinner.
- Divide ginger rice between bowls. Top with remaining honey-soy chicken stir-fry.
- Garnish with **crispy shallots** and **chilli flakes** (if using). Tear over **herbs** to serve.

Little cooks: Kids can help tear over the herbs.



Cook the chicken

- In a medium bowl, combine **sweet soy seasoning** and a drizzle of **olive oil**. Add **diced chicken** and toss to combine.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- Transfer to a bowl.

Little cooks: Kids can take charge by combining the seasoning and olive oil!



Serve up

- When you're ready to make the kids' dinner, boil the kettle. Half-fill a medium saucepan with boiling water. Cook **flat noodles** over medium-high heat until tender, **3-4 minutes**. In the **last minute**, gently stir with a fork to separate. Drain, rinse and return to saucepan.
- Divide reserved honey-soy chicken, veggies and noodles between two microwave-safe containers. Stir to combine. Season to taste.
- When serving, add a splash of water to **noodles** and microwave in **30 second** bursts, until heated through.
- Sprinkle with **mixed sesame seeds** to serve. Enjoy!