

Asian-Spiced Chicken & Coconut Miso Sauce

with Stir-Fried Greens, Peanut Rice & Cheat's Roti

Grab your Meal Kit with this symbol



Recipe Update
 The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!



Garlic



Jasmine Rice



Cucumber



Radish



Mini Flour Tortillas



Baby Broccoli



Baby Spinach Leaves



Fresh Chilli (Optional)



Southeast Asian Spice Blend



Ginger & Lemongrass Paste



Coconut Cream



Miso Paste



Crushed Peanuts



Crispy Shallots



Chicken Breast

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

Eat Me Early

You'd be hard-pressed to find someone who hasn't had satay chicken and didn't like it. Rich, earthy and deep in flavour, it's a winner from the first bite to the last. Accompanied by a team of eats, featuring cheat's-style roti, pickled veggies and creamy coconut rice, it's wise to come before this feast with a hearty appetite.

Pantry items

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	4 cloves	8 cloves
butter*	20g	40g
water*	¾ cup	1½ cups
jasmine rice	1 packet	1 packet
cucumber	1 (medium)	1 (large)
radish	2	4
rice wine vinegar*	⅓ cup	⅔ cup
mini flour tortillas	6	12
baby broccoli	1 bag	2 bags
baby spinach leaves	1 small bag	1 medium bag
fresh chilli (optional)	½	1
chicken breast	1 packet	1 packet
Southeast Asian spice blend	1 sachet	2 sachets
plain flour*	1 tbs	2 tbs
ginger & lemongrass paste	½ packet	1 packet
coconut cream	½ packet	1 packet
miso paste	½ packet	1 packet
brown sugar*	1 tsp	2 tsp
soy sauce*	1 tsp	2 tsp
crushed peanuts	1 packet	2 packets
crispy shallots	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5438kJ (1299Cal)	631kJ (150Cal)
Protein (g)	59.6g	6.9g
Fat, total (g)	59.1g	6.9g
- saturated (g)	37.4g	4.3g
Carbohydrate (g)	123.8g	14.4g
- sugars (g)	14.2g	1.6g
Sodium (mg)	1412mg	164mg

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 | CW30



Cook the rice

1. Finely chop **garlic**.
2. In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**.
3. Add the **water** and a generous pinch of **salt** and bring to the boil.
4. 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 the water is absorbed, **10-15 minutes**.



Cook the greens

1. Trim **baby broccoli** and halve lengthways. Thinly slice **fresh chilli** (if using).
2. Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli** until browned and tender, **4-5 minutes**.
3. Add **baby spinach leaves** and cook until wilted, **1 minute**.
4. Add **chilli** and remaining **garlic** and cook until fragrant, **1 minute**. Transfer to a medium bowl.
5. Meanwhile, place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
6. In a medium bowl, combine a drizzle of **olive oil**, the **Southeast Asian spice blend** and the **plain flour**. Add **chicken** and toss to combine.



Pickle the veggies

1. While the rice is cooking, thinly slice **cucumber** and **radish**.
2. In a medium bowl, combine the **rice wine vinegar** and a good pinch of **salt** and **sugar**.
3. Add **cucumber** and **radish** to the pickling liquid with just enough **water** to cover the veggies. Set aside.



Cook the chicken & sauce

1. Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **chicken** until cooked through, **3-5 minutes** each side (depending on thickness). Transfer to a plate.
2. Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **ginger & lemongrass paste** (see ingredients) until fragrant, **1 minute**.
3. Add **coconut cream** (see ingredients), **miso paste** (see ingredients), the **brown sugar**, **soy sauce**, a teaspoon of **pickling liquid** and a splash of **water**. Cook, stirring, until slightly reduced, **2-3 minutes**.

TIP: The chicken is cooked when it is no longer pink inside.

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



Make the roti

1. Heat a large frying pan over high heat with a drizzle of **olive oil**. Add a **mini flour tortilla** and cook until slightly golden, **30 seconds** each side.
2. Transfer to a plate, then season. Cover to keep warm.
3. Repeat with remaining **tortillas**, adding more **olive oil** as needed.



Serve up

1. Drain pickled veggies. Stir **crushed peanuts** through rice. Slice chicken, then top with coconut sauce. Garnish with **crispy shallots**.
2. Bring everything to the table to serve. Help yourself to some peanut rice, Asian-spiced chicken and miso coconut sauce, stir-fried greens, pickled veggies and cheats roti. Enjoy!

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