



Sweet Chilli-Ginger Chicken & Garlic Rice

with Stir-Fry Veggies & Crispy Shallots

NEW

KID FRIENDLY

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Garlic Paste



Jasmine Rice



Lemon



Ginger Paste



Sweet Chilli Sauce



Crispy Shallots



Chicken Breast



Asian Stir Fry Mix

Prep in: 10-20 mins
Ready in: 25-35 mins

Eat Me Early

Sweet chilli ginger, it rolls off the tongue and into your belly. The spice of the ginger pops against the sweet chilli sauce and chicken, as it soaks into the garlic rice to blend the dish together. Grab a fork full of the colourful slaw too because how could you refuse something so pretty and tasty! Your bellies will thank you for it.

Pantry items

Olive Oil, Butter, 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

Ingredients

| | 2 People | 4 People |
|---------------------|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| butter* | 20g | 40g |
| garlic paste | 1 small packet | 1 medium packet |
| water* | 1 ¼ cups | 2 ½ cups |
| jasmine rice | 1 packet | 1 packet |
| lemon | ½ | 1 |
| chicken breast | 1 packet | 1 packet |
| Asian stir fry mix | 1 bag (300g) | 1 bag (600g) |
| plain flour* | 2 tbs | ¼ cup |
| ginger paste | 1 medium packet | 1 large packet |
| sweet chilli sauce | 1 packet (25g) | 1 packet (50g) |
| crispy shallots | 1 packet | 1 packet |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3182kJ (761Cal) | 626kJ (150Cal) |
| Protein (g) | 42.8g | 8.4g |
| Fat, total (g) | 22.6g | 4.4g |
| - saturated (g) | 10g | 2g |
| Carbohydrate (g) | 92.5g | 18.2g |
| - sugars (g) | 12.8g | 2.5g |
| Sodium (mg) | 541mg | 106mg |

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

2023 | CW02



1



Make the garlic rice

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

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

Little cooks: Older kids can help add the rice to the saucepan under adult supervision. Be careful, the water is boiling!

3



Cook the chicken

- While veggies are cooking, combine **chicken**, the **plain flour** and a pinch of **salt** in a medium bowl.
- Return frying pan to high heat with a good drizzle of **olive oil**.
- When oil is hot, pick up **chicken** with tongs and shake off any excess **flour**. Cook **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- Add **ginger paste**, a squeeze of **lemon juice** and **sweet chilli sauce**. Toss to coat and cook until slightly reduced, **1 minute**.

2



Cook the veggies

- While rice is cooking, cut **lemon** into wedges.
- Cut **chicken breast** into 2cm chunks.
- When rice has **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **Asian stir-fry mix** until tender, **4-5 minutes**.
- Add remaining **garlic paste** and cook until fragrant, **1 minute**. Season. Transfer to a bowl and cover to keep warm.

4



Serve up

- Divide garlic rice between bowls. Top with stir-fry veggies and sweet chilli-ginger chicken.
- Garnish with **crispy shallots**. Serve with remaining lemon wedges. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the garnish!

Rate your recipe

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