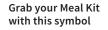


Sweet Chilli-Ginger Chicken & Garlic Rice with Stir-Fry Veggies & Crispy Shallots

NEW

KID FRIENDLY

CLIMATE SUPERSTAR













Lemon

Ginger Paste





Sweet Chilli

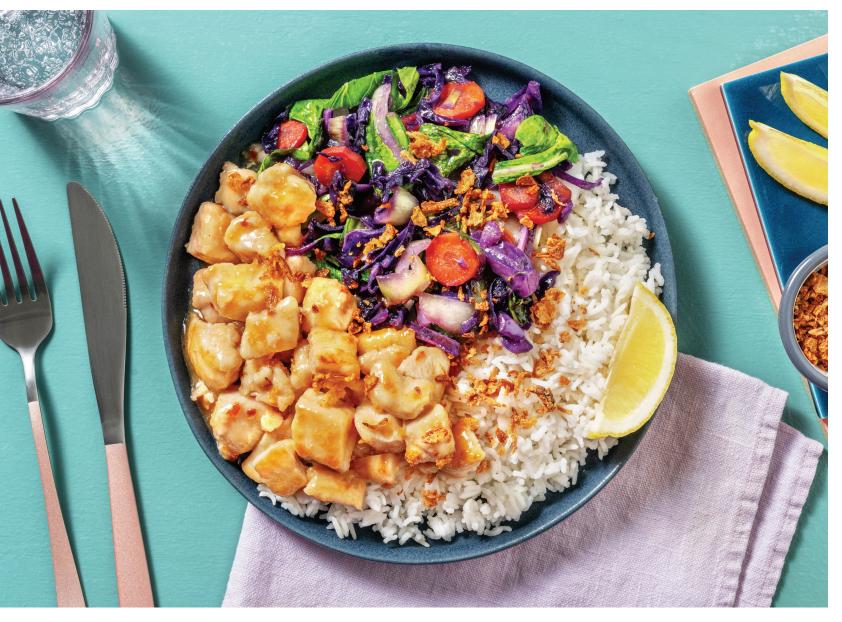
Crispy Shallots



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 1/4 cups | 2 ½ cups |
| jasmine rice | 1 packet | 1 packet |
| lemon | 1/2 | 1 |
| chicken breast | 1 packet | 1 packet |
| Asian stir fry mix | 1 bag (300g) | 1 bag (600g) |
| plain flour* | 2 tbs | 1/4 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.



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!



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.



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.



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!

Did we make your tastebuds happy? Let our culinary team know: **hellofresh.co.nz/rate**



Scan here if you have any questions or concerns

