



# Sweet Miso-Glazed Chicken & Sesame Rice

with Ginger Veggies & Crispy Shallots

Grab your Meal Kit  
with this symbol



Garlic



Basmati Rice



Sesame Seeds



Broccoli



Carrot



Ginger



Miso Paste



Chicken Thigh



Mayonnaise



Crispy Shallots

Hands-on: **30-40 mins**  
 Ready in: **35-45 mins**

Eat me early

This dish is a perfect combination of bright veggies, miso-glazed chicken and sesame-garlic rice, with the feel-good factor of creating a magnificent Asian-inspired meal from scratch.

### Pantry items

Olive Oil, Butter, Rice Wine Vinegar,  
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	3 cloves	6 cloves
butter*	20g	40g
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
sesame seeds	1 sachet	1 sachet
broccoli	1 head	2 heads
carrot	1	2
ginger	1 knob	2 knobs
miso paste	½ packet (20g)	1 packet (40g)
rice wine vinegar*	½ tbs	1 tbs
brown sugar*	1 tbs	2 tbs
soy sauce*	½ tbs	1 tbs
chicken thigh	1 packet	1 packet
mayonnaise	1 packet (40g)	1 packet (100g)
crispy shallots	1 sachet	1 sachet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3640kJ (869Cal)	649kJ (155Cal)
Protein (g)	45.8g	8.2g
Fat, total (g)	38g	6.8g
- saturated (g)	11.4g	2g
Carbohydrate (g)	85.5g	15.2g
- sugars (g)	12.7g	2.3g
Sodium (mg)	1202mg	214mg

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



### Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and the **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water has been absorbed, **10 minutes**.

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



### Cook the veggies

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **broccoli** and **carrot** with a splash of **water**, tossing occasionally, until tender, **5-6 minutes**. Add the **ginger** and remaining **garlic** and cook until fragrant, **1 minute**. Add the **soy sauce** and toss to coat. Transfer to a bowl.



### Toast the sesame seeds

While the rice is cooking, heat a large frying pan over a medium-high heat. Add the **sesame seeds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl.



### Cook the chicken

While the veggies are cooking, cut the **chicken thigh** into 2cm chunks. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken**, tossing, until browned and cooked through, **6-8 minutes**. Add the **miso glaze mixture** and cook, stirring, until well coated and thickened slightly, **1-2 minutes**.

**TIP:** Chicken is cooked through when it's no longer pink inside.



### Get prepped

While the sesame seeds are toasting, cut the **broccoli** into small florets and roughly chop the stalk. Thinly slice the **carrot** into half-moons. Finely grate the **ginger**. In a second small bowl, combine the **miso paste** (see ingredients), **rice wine vinegar**, **brown sugar** and a splash of **water**. Set aside.



### Serve up

Stir the toasted sesame seeds through the garlic rice. Divide the sesame-garlic rice between bowls. Top with the ginger veggies and miso-glazed chicken. Spoon over any remaining glaze. Top with the **mayonnaise** and garnish with the **crispy shallots**.

### Enjoy!