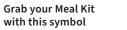


Sweet Miso-Glazed Chicken & Sesame Rice with Ginger Veggies & Crispy Shallots

with this symbol

















Carrot





Chicken Thigh

Miso Paste



Mayonnaise



Crispy Shallots

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

9. 36.3			
	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*	1/4 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 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!



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.



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.



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.



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.



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!