



Ginger Sauce Chicken & Veggies

with Garlic Rice & Sesame Dressing

NEW

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Green Beans



Chicken Breast



Oyster Sauce



Ginger Paste



Asian BBQ Seasoning



Sesame Dressing



Crispy Shallots



Chicken Breast

Prep in: 20-30 mins
Ready in: 30-40 mins

Eat Me Early

Whip up this colourful stir-fry in a flash! Succulent chicken and tender veggies sit on a bed of fluffy rice, soaking in sweet and savoury flavours, complete with a touch of zing from the ginger.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Vinegar (White Wine or Rice Wine)

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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	2 cloves	4 cloves
butter*	20g	40g
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
green beans	1 medium packet	2 medium packets
chicken breast	1 small packet	2 small packets OR 1 large packet
oyster sauce	1 medium packet	1 large packet
ginger paste	1 medium packet	1 large packet
water* (for the sauce)	2 tbs	¼ cup
vinegar* (white wine or rice wine)	½ tsp	1 tsp
Asian BBQ seasoning	1 sachet	2 sachets
sesame dressing	1 medium packet	2 medium packets
crispy shallots	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2912kJ (696Cal)	633kJ (151Cal)
Protein (g)	45.7g	9.9g
Fat, total (g)	22.1g	4.8g
- saturated (g)	10g	2.2g
Carbohydrate (g)	86.3g	18.8g
- sugars (g)	17.2g	3.7g
Sodium (mg)	2128mg	463mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3625kJ (866Cal)	580kJ (139Cal)
Protein (g)	82.3g	13.2g
Fat, total (g)	24.6g	3.9g
- saturated (g)	10.8g	1.7g
Carbohydrate (g)	86.5g	13.8g
- sugars (g)	17.2g	2.8g
Sodium (mg)	2199mg	352mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/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



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, melt the **butter** with a dash of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
- Add the **water (for the rice)** and a generous pinch of **salt**, then 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. 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!



Cook chicken

- Return frying pan to high heat with a drizzle of **olive oil**.
- When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through (when no longer pink inside), **5-6 minutes**.
- Reduce heat to medium, add **Asian BBQ seasoning**, and cook, tossing, until fragrant, **1 minute**.

Custom Recipe: Cook chicken in batches for best results.



Get prepped

- Meanwhile, slice **carrot** into thin sticks.
- Trim and halve **green beans**.
- Cut **chicken breast** into 2cm chunks.
- In a small bowl, combine **oyster sauce**, **ginger paste** and the **water (for the sauce)** and **vinegar**.

Custom Recipe: If you've doubled your chicken breast, prepare extra chicken as above.



Make the stir fry

- To pan with chicken, add **oyster sauce mixture** and return **cooked veggies**, stirring to combine, **1 minute**. Season with **pepper**.



Cook the veggies

- When rice has **15 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **carrot** and **green beans**, tossing, until tender, **4-6 minutes**.
- Transfer to a bowl and season.



Serve up

- Divide garlic rice between bowls.
- Top with ginger sauce chicken and veggies.
- Drizzle over **sesame dressing**.
- Sprinkle over **crispy shallots** to serve. Enjoy!

Rate your recipe

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