

















Green Beans

Carrot



Oyster Sauce

Chicken Breast





Asian BBQ Seasoning





Sesame Dressing



Crispy Shallots

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.



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

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	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	1/4 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	
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*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!

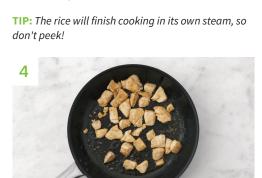
Scan here if you have any questions or concerns





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.



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.



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.



Make the stir fry

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



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!

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate