



# Lemongrass Chicken & Stir-Fried Veggies

with Garlic Rice

FEEL-GOOD TAKEAWAY

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Chicken Thigh



Fish Sauce & Rice Vinegar Mix



Ginger Lemongrass Paste



Carrot



Green Beans



Beef Strips

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

Eat Me Early

Chicken, veggies and rice are all you need to enjoy a flavourful meal that is totally guilt-free. To truly make this dish sing, we've added fish sauce and ginger lemongrass paste, which absolutely transform this number into something sweet, salty and super tasty!

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

### Pantry items

Olive Oil, Butter, Soy Sauce, Brown Sugar, 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
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
<b>butter*</b>	20g	40g
basmati rice	1 medium packet	1 large packet
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
<b>water*</b>	1½ cups	3 cups
<b>salt*</b>	¼ tsp	½ tsp
<b>soy sauce*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	1 tbs	2 tbs
fish sauce & rice vinegar mix	1 medium packet	2 medium packets
ginger lemongrass paste	1 medium packet	2 medium packets
<b>vinegar*</b> (white wine or rice wine)	drizzle	drizzle
carrot	1	2
green beans	1 medium packet	2 medium packets
beef strips**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2846kJ (680Cal)	624kJ (149Cal)
Protein (g)	38.8g	8.5g
Fat, total (g)	25.1g	5.5g
- saturated (g)	9g	2g
Carbohydrate (g)	75g	16.4g
- sugars (g)	12.1g	2.7g
Sodium (mg)	1389mg	305mg
Dietary Fibre (g)	12g	2.7g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2815kJ (673Cal)	677kJ (162Cal)
Protein (g)	37.4g	9g
Fat, total (g)	24.9g	6g
- saturated (g)	10g	2.4g
Carbohydrate (g)	74.9g	18g
- sugars (g)	12g	2.9g
Sodium (mg)	1353mg	325mg
Dietary Fibre (g)	12g	2.9g

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](https://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



1



## Make the garlic rice

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

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

4



## Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Add **carrot** and **green beans** and cook, stirring, until just tender, **3-5 minutes**. Transfer to a bowl and cover to keep warm.

2



## Flavour the chicken

- Meanwhile, cut **chicken thigh** into 2cm chunks.
- In a medium bowl, combine the **soy sauce**, **brown sugar**, **fish sauce & rice vinegar mix**, **ginger lemongrass paste** and a drizzle of **vinegar**. Add **chicken**, toss to coat and set aside.

**Custom Recipe:** If you've swapped to beef strips, coat beef as above.

5



## Cook the chicken

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Remove **chicken pieces** from the marinade, letting any excess drip back into the bowl, and add to the pan. Cook until the chicken is browned and cooked through (when no longer pink inside), **5-6 minutes**.
- Add the **marinade** to the pan and cook until slightly thickened, **1-2 minutes**.

**Custom Recipe:** In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef strips, tossing, in batches until browned and cooked through, 1-2 minutes. Transfer to a plate. Return all beef to pan before adding the marinade.

3



## Prep the veg

- Thinly slice **carrot** into half-moons.
- Trim and halve **green beans**.

6



## Serve up

- Divide the garlic rice between bowls and top with the lemongrass chicken and veggies. Enjoy!

**Custom Recipe:** Divide the garlic rice between bowls and top with lemongrass beef and veggies to serve.

## Rate your recipe

Did we make your tastebuds happy?

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