



# EASY CHINESE CHICKEN & STIR-FRIED SESAME GREENS

with Steamed Rice



Make a Chinese inspired chicken



Broccoli



Free-Range Chicken Thigh



Ginger



Garlic



Jasmine Rice



Lime



Green Beans



Kecap Manis



Chinese Five Spice



Sesame Seeds

Hands-on: **25 mins**  
Ready in: **40 mins**

Eat me early

This Chinese chicken is a veritable symphony of flavour, so don't be afraid to pump up the volume on your favourite ingredients. If you're a lime worshipper (like us), throw the juice from the whole thing into your sauce. If it's not your thing, hold back. It's your masterpiece after all!

**Pantry Staples:** Olive Oil, Water, Soy Sauce, Cornflour

# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **sieve, medium saucepan with lid, fine grater, vegetable peeler or teaspoon, chef's knife, chopping board, small bowl, medium bowl, two plates, large frying pan, wooden spoon and paper towel.**



## 1 COOK THE RICE

Rinse the **Jasmine rice** well. Add the **water (for the rice)** to a medium saucepan and bring to the boil. Add the rice, stir, cover with a lid and reduce the heat to low. Cook for **11-12 minutes**, then remove the pan from the heat and keep covered for another **10-15 minutes**, or until the rice is tender and all the water is absorbed. **TIP:** *Don't lift the lid while the rice is resting so you don't lose any steam!*



## 4 COAT THE CHICKEN

In a medium bowl, combine the **Chinese five spice (use suggested amount), cornflour** and a **good pinch of salt and pepper**. Add the **chicken strips** and toss to coat. Set aside on a plate, ready to fry!



## 2 GET PREPPED

While the rice is cooking, peel and finely grate the **ginger** and **garlic**. **TIP:** *Use the edge of a teaspoon to gently scrape the skin off the ginger.* Slice the **lime** into wedges. Slice the **free-range chicken thigh** into 1 cm thick strips. Chop the **broccoli** into 1 cm florets. Trim the ends of the **green beans** and slice in half.



## 5 COOK THE CHICKEN

Heat a large frying pan over a medium-high heat and add enough **olive oil** to coat the base of the pan. Add **1/2** of the coated **chicken strips** and cook, tossing regularly, for **4-5 minutes**, or until golden. Set aside on a paper towel-lined plate to soak up excess oil. Repeat with the remaining chicken strips. Return the same pan to the heat and add another a **drizzle** of olive oil. Add the **broccoli, green beans** and **sesame seeds** to the pan and cook for **4-5 minutes**, or until just tender. Return the chicken to the pan, add the **soy-ginger sauce** and stir to combine.



## 3 MAKE THE SAUCE

In a small bowl, combine the **soy sauce, ginger, garlic, warm water (for the sauce)** and **kecap manis**. Squeeze over the juice from a **lime wedge** and set aside. **TIP:** *Add as much or as little lime juice as you like depending on your taste preference.*



## 6 SERVE UP

Divide the steamed rice, Chinese chicken and stir-fried sesame greens between bowls. Spoon over any extra sauce from the pan.

# ENJOY!

# 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
Jasmine rice	2 packets (1 1/2 cups)
water* (for the rice)	2 1/2 cups
ginger	1 knob
garlic	2 cloves
lime	1
free-range chicken thigh	1 packet
broccoli	1 head
green beans	1 bag
soy sauce*	1/3 cup
warm water* (for the sauce)	1/4 cup
kecap manis	1 sachet (50 g)
Chinese five spice	1/2 sachet (1 tsp)
cornflour*	1/4 cup
sesame seeds	1 packet

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2840kJ (678Cal)	476kJ (114Cal)
Protein (g)	44.0g	7.4g
Fat, total (g)	15.6g	2.6g
- saturated (g)	4.3g	0.7g
Carbohydrate (g)	87.0g	14.6g
- sugars (g)	15.1g	2.5g
Sodium (g)	1830mg	307mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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