

EASY CHINESE CHICKEN & STIR-FRIED SESAME GREENS with Steamed Rice





Make a Chinese inspired chicken





Broccoli

Free-Range Chicken Thigh





Gingor

Gar





Jasmine Rice

Lime





Green Beans

Kecap Manis

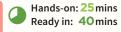




Chinese Five Spice

Sesame Seeds

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





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!

BEFORE YOU =

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.



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!



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.



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.



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!



COOK THE CHICKEN Heat a large frying pan over a mediumhigh 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 soyginger sauce and stir to combine.



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

ENJOY!

INGREDIENTS

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	4-5P	
olive oil*	refer to method	
Jasmine rice	2 packets (1½ cups)	
water* (for the rice)	2½ cups	
ginger	1 knob	
garlic	2 cloves	
lime	1	
free-range chicken thigh	1 packet	
broccoli	1 head	
green beans	1 bag	
soy sauce*	⅓ cup	
warm water* (for the sauce)	¼ cup	
kecap manis	1 sachet (50 g)	
Chinese five spice	½ sachet (1 tsp)	
cornflour*	¼ cup	

sesame seeds *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

1 packet

For allergens and ingredient information, visit 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 Hello@HelloFresh.com.au

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