



CHINESE FIVE SPICE CHICKEN STIR-FRY

with Bok Choy



Cook Chinese inspired chicken



Basmati Rice



Ginger



Chinese Five Spice



Chicken Thigh



Red Capsicum



Carrot



Baby Bok Choy



Roasted Cashews

Hands-on: **25 mins**
Ready in: **35 mins**

Eat me early

Naturally gluten-free
Not suitable for Coeliacs

Spice mixes are like 90s pop groups – great in groups of five. That’s why Chinese five spice adds an unmistakable touch to this stir-fry. Our blend includes cinnamon and cloves for a deep flavour, with pepper for heat and star anise and fennel for a hint of aniseed. If aniseed is not your thing, use less of the spice mix – just a little goes a long way to spice up your life!

Pantry Staples: Olive Oil, Soy Sauce (or Gluten-Free Tamari Soy Sauce), Honey, Vinegar (White Wine Or Rice Wine)

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, medium saucepan with lid, fine grater, medium bowl, tongs, large frying pan or wok and plate.**



1 COOK THE RICE

In a medium saucepan, bring the **water (for the rice)** to the boil. **TIP:** Put a lid on the saucepan to help the water boil faster. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered for another **10 minutes**, or until the rice is tender and the water is absorbed. **TIP:** The rice will finish cooking in its own steam so don't peek!



2 FLAVOUR THE CHICKEN

While the rice is cooking, finely grate the **ginger**. In a medium bowl, combine the ginger, **soy sauce, honey, vinegar** and **Chinese five spice (see ingredients list)**. **TIP:** Chinese five spice has a strong aniseed flavour, use less if you're not a fan! Cut the **chicken thigh** into 2cm chunks. Add the chicken to the the soy sauce mixture. Toss to coat and set aside.



3 GET PREPPED

Thinly slice the **red capsicum**. Cut the **carrot** (unpeeled) into 0.5cm half-moons. Roughly chop the **baby bok choy**.



4 COOK THE CHICKEN

In a large frying pan or wok, heat a **drizzle of olive oil** over a medium-high heat. Once hot, using tongs, transfer the **chicken** to the frying pan, reserving the marinade in the bowl. Cook the chicken, tossing, for **4-5 minutes**, or until golden and caramelised (the chicken will finish cooking in step 5). Transfer to a plate. Add the **red capsicum** and **carrot** to the pan. Cook, tossing, for **2-3 minutes**, or until tender.



5 MAKE THE SAUCE

Add the **chicken, water (for the sauce)** and the reserved **chicken marinade** to the pan. Stir together, reduce the heat to medium, and cook for **3-4 minutes**, or until the chicken is cooked through and the sauce is slightly reduced. Add the **baby bok choy** and cook for a further **2 minutes**, or until just wilted.



6 SERVE UP

Divide the basmati rice between bowls and top with the Chinese five spice stir-fry. Garnish with the **roasted cashews**.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
water* (for the rice)	1 ½ cups	3 cups
basmati rice	1 packet	2 packets
ginger	1 knob	2 knobs
soy sauce* (or gluten-free tamari soy sauce)	2 ½ tbs	5 tbs
honey*	2 tbs	4 tbs
vinegar* (white wine or rice wine)	1 tbs	2 tbs
Chinese five spice	½ sachet	1 sachet
chicken thigh	1 packet	1 packet
red capsicum	1	2
carrot	1	2
baby bok choy	1 bunch	2 bunches
water* (for the sauce)	2 tbs	½ cup
roasted cashews	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3050kJ (727Cal)	594kJ (142Cal)
Protein (g)	43.9g	8.6g
Fat, total (g)	19.7g	3.8g
- saturated (g)	5.1g	1.0g
Carbohydrate (g)	89.4g	17.4g
- sugars (g)	27.9g	5.4g
Sodium (g)	1310mg	255mg

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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2018 | WK30

