



Quick Hoisin Chicken & Veggie Stir-Fry

with Rice & Fresh Chilli

KID FRIENDLY



Grab your Meal Kit with this symbol



Basmati Rice



Zucchini



Long Chilli (Optional)



Chicken Thigh



Cornflour



Hoisin Sauce



Broccoli & Carrot Mix



Ginger Paste



Chicken Breast

Prep in: 20-30 mins
Ready in: 25-35 mins

Eat Me Early

This veggie-studded stir-fry bowl is a dinnertime staple for the inner culinary chefs in all of us. With a bowl of fluffy basmati rice and hoisin-glazed chicken, what more could you really want?

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

Pantry items

Olive Oil, Butter, Rice Wine Vinegar, Brown Sugar

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
olive oil*	refer to method	refer to method
butter*	20g	40g
basmati rice	1 medium packet	1 large packet
water*	1½ cups	3 cups
zucchini	1	2
long chilli 🌶️ (optional)	½	1
chicken thigh	1 small packet	1 large packet
cornflour	1 medium packet	1 large packet
hoisin sauce	1 medium packet	2 medium packets
rice wine vinegar*	½ tbs	1 tbs
brown sugar*	½ tbs	1 tbs
broccoli & carrot mix	1 medium packet	1 large packet
ginger paste	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3059kJ (731Cal)	654kJ (156Cal)
Protein (g)	39g	8.3g
Fat, total (g)	21.1g	4.5g
- saturated (g)	8.5g	1.8g
Carbohydrate (g)	93.6g	20g
- sugars (g)	18.5g	4g
Sodium (mg)	1257mg	269mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2989kJ (714Cal)	639kJ (153Cal)
Protein (g)	41.9g	9g
Fat, total (g)	17.8g	3.8g
- saturated (g)	7.6g	1.6g
Carbohydrate (g)	93.6g	20g
- sugars (g)	18.5g	4g
Sodium (mg)	1244mg	266mg

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



1



Cook the rice

- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
- Add **basmati rice**, the **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!

3



Cook the chicken

- Return frying pan to high heat with a generous drizzle of **olive oil**.
- When oil is hot, shake off excess **cornflour** and cook **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- Reduce heat to medium, add **ginger paste** and cook until fragrant, **1 minute**.
- To pan with **chicken**, return **veggies** and add **hoisin mixture** and a splash of **water**, tossing to combine, **1 minute**. Season to taste.

Custom Recipe: Cook chicken breast as above, until browned and cooked through, 5-6 minutes.

2



Cook the veggies

- Meanwhile, slice **zucchini** into half-moons. Thinly slice **long chilli** (if using).
- Cut **chicken thigh** into 2cm chunks. Combine in a medium bowl with **cornflour**.
- In a small bowl, combine **hoisin sauce**, the **rice wine vinegar** and the **brown sugar**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **zucchini** and **broccoli & carrot mix**, tossing, until tender, **6-8 minutes**. Season and transfer to a bowl.

TIP: Add a dash of water to the pan to help speed up the cooking process.

Custom Recipe: If you've swapped to chicken breast, cut chicken breast into 2cm chunks. Combine with cornflour as above.

4



Serve up

- Divide rice and hoisin chicken and veggie stir-fry between bowls.
- Top with chilli to serve. Enjoy!

Rate your recipe

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