



Lemongrass Chicken Stir-Fry

with Garlic Rice & Lime

Grab your Meal Kit with this symbol



Garlic



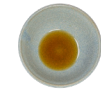
Basmati Rice



Lime



Chicken Thigh



Fish Sauce & Rice Vinegar Mix



Ginger Lemongrass Paste



Carrot



Green Beans



Asian Greens



Chicken Breast

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 lime, 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

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
garlic	3 cloves	6 cloves
butter*	20g	40g
basmati rice	1 medium packet	2 medium packets
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
lime	½	1
chicken thigh	1 small packet	2 small packets OR 1 large packet
soy sauce*	1 tbs	2 tbs
brown sugar*	1 tbs	2 tbs
fish sauce & rice vinegar mix	1 medium packet	2 medium packets
ginger lemongrass paste	1 packet	2 packets
carrot	1	2
green beans	1 small bag	1 medium bag
Asian greens	1 bunch	2 bunches
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2774kJ (663Cal)	493kJ (118Cal)
Protein (g)	39.7g	7.1g
Fat, total (g)	20.6g	3.7g
- saturated (g)	8.4g	1.5g
Carbohydrate (g)	77g	13.7g
- sugars (g)	14g	2.5g
Sodium (mg)	1419mg	252mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2680kJ (641Cal)	476kJ (114Cal)
Protein (g)	44.3g	7.9g
Fat, total (g)	15.9g	2.8g
- saturated (g)	7g	1.2g
Carbohydrate (g)	77g	13.7g
- sugars (g)	14g	2.5g
Sodium (mg)	1397mg	248mg

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



Make the garlic rice

- Finely chop **garlic**. In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water** and the **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 until just tender, **3-5 minutes**.
- Add **Asian greens** and cook, tossing, until just tender, **1-2 minutes**. Transfer to a bowl and cover to keep warm.

2



Flavour the chicken

- Meanwhile, zest **lime** to get a pinch, then slice into wedges.
- Cut **chicken thigh** into 2cm chunks.
- In a medium bowl, combine the **soy sauce**, the **brown sugar**, **fish sauce & rice vinegar mix**, **ginger lemongrass paste**, **lime zest**, a generous squeeze of **lime juice** and the remaining **garlic**.
- Add **chicken**, toss to coat and set aside.

Custom Recipe: If you've swapped to chicken breast, cut chicken into 2cm chunks and flavour chicken 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 **chicken** until 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: Cook chicken breast as above.

3



Prep the veg

- Thinly slice **carrot** into half-moons.
- Trim and halve **green beans**.
- Roughly chop **Asian greens**.

6



Serve up

- Divide the garlic rice between bowls and top with the lemongrass chicken and veggies.
- Serve with any remaining lime wedges. Enjoy!

Rate your recipe

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