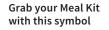


# Quick Oyster Sauce Chicken & Veggie Stir-Fry with Rice & Fresh Chilli

KID FRIENDLY











Long Chilli (Optional)





Chicken Thigh







**Ginger Paste** 







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

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 oyster-glazed chicken, what more could you really want?



Eat Me Early

## 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  $\cdot$  Large frying pan

## Ingredients

9			
	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)	1/2	1	
chicken thigh	1 small packet	2 small packets OR 1 large packet	
cornflour	1 medium packet	1 large packet	
broccoli & carrot mix	1 medium bag	1 large bag	
ginger paste	1 medium packet	1 large packet	
oyster sauce	1 large packet	2 large packets	
brown sugar*	2 tbs	4 tbs	
chicken breast**	1 small packet	2 small packets OR 1 large packet	

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3061kJ (732Cal)	587kJ (140Cal)
Protein (g)	40.5g	7.8g
Fat, total (g)	19.1g	3.7g
- saturated (g)	8.2g	1.6g
Carbohydrate (g)	96.8g	18.6g
- sugars (g)	23.2g	4.4g
Sodium (mg)	2569mg	492mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3005kJ (718Cal)	<b>576kJ</b> (138Cal)
Protein (g)	42.8g	8.2g
Fat, total (g)	16.4g	3.1g
- saturated (g)	7.4g	1.4g
Carbohydrate (g)	96.8g	18.6g
- sugars (g)	23.2g	4.4g
Sodium (mg)	2559mg	490mg

The quantities provided above are averages only.

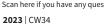
## **Allergens**

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





#### 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!



## 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 (when no longer pink inside), 5-6 minutes.
- Reduce heat to medium, add ginger paste and cook until fragrant,
  1 minute.
- Add cooked veggies, oyster sauce, the brown sugar and a splash of water, tossing to combine, 1 minute. Season to taste.

Custom Recipe: Cook chicken as above.



# Cook the veggies

- Meanwhile, slice **zucchini** into half-moons. Thinly slice **long chilli** (if using).
- · Cut chicken thigh into 2cm chunks.
- In a medium bowl, combine chicken and cornflour.
- 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 as above. Continue with step.



## Serve up

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

#### Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate