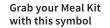


Quick Oyster Sauce Chicken & Veggie Stir-Fry with Rice & Fresh Chilli

KID FRIENDLY













(Optional)









Ginger Paste





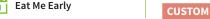


Pantry items

Olive Oil, Butter, Brown Sugar

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?



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

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	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 sachet	1 large sachet
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*	1 tbs	2 tbs
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)	2986kJ (714Cal)	572kJ (137Cal)
Protein (g)	44.2g	8.5g
Fat, total (g)	15.3g	2.9g
- saturated (g)	7.1g	1.4g
Carbohydrate (g)	96.8g	18.6g
- sugars (g)	23.2g	4.4g
Sodium (mg)	2552mg	489mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3035kJ (725Cal)	570kJ (136Cal)
Protein (g)	43.4g	8.2g
Fat, total (g)	18g	3.4g
- saturated (g)	7.6g	1.4g
Carbohydrate (g)	94.3g	17.7g
- sugars (g)	19.2g	3.6g
Sodium (mg)	1245mg	234mg

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**, cook until fragrant, **1 minute**.
- To pan with chicken, return veggies and add oyster sauce, the brown sugar and a splash of water, tossing to combine, 1 minute. Season to taste.

Custom Recipe: Cook chicken as above, until browned and cooked through (when no longer pink inside), 5-6 minutes.



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. Combine with cornflour as above.



Serve up

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



Let our Culinary team know what you thought: hellofresh.com.au/rate