



Quick Oyster Sauce 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



Broccoli & Carrot Mix



Ginger Paste



Oyster Sauce



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 oyster-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, 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	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)	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)	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

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

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

4



Serve up

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

Rate your recipe

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