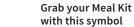


Quick Oyster Sauce Chicken & Veggie Stir-Fry with Rice & Fresh Chilli

KID FRIENDLY











(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 jasmine 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 \cdot Large frying pan

Ingredients

2 People	4 People		
refer to method	refer to method		
1¼ cups	2½ cups		
1 medium packet	1 large packet		
1	2		
1/2	1		
1 small packet	2 small packets OR 1 large packet		
1 medium sachet	1 large sachet		
1 medium bag	1 large bag		
1 medium packet	1 large packet		
1 large packet	2 large packets		
1 tbs	2 tbs		
1 small packet	2 small packets OR 1 large packet		
	refer to method 1¼ cups 1 medium packet 1 ½ 1 small packet 1 medium sachet 1 medium bag 1 medium packet 1 large packet 1 tbs		

^{*}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.



Scan here if you have any questions or concerns





Cook the rice

- In a medium saucepan, add the water and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for 12 minutes, then remove the pan from heat and keep covered until
 rice is tender and the water is absorbed, 12 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.
- 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, tossing, in batches, for best results.



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.

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!