



Easy Chinese BBQ-Spiced Chicken & Veggie Stir-Fry with Rice & Crispy Shallots

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Basmati Rice



Green Veg Mix



Oyster Sauce



Chicken Tenderloins



Asian BBQ Seasoning



Crispy Shallots



Beef Strips

Prep in: 5-15 mins
Ready in: 15-25 mins

Calorie Smart

Eat Me Early

With a luscious BBQ-spiced sauce and a smattering of crispy shallots to finish the dish, this veggie-loaded meal has all the delicious flavours of takeaway, except that it's so much better!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, 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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
green veg mix	1 medium bag	1 large bag
oyster sauce	1 medium packet	1 large packet
brown sugar*	½ tbs	1 tbs
water*	¼ cup	½ cup
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
Asian BBQ seasoning	1 sachet	2 sachets
crispy shallots	1 medium packet	1 large packet
beef strips**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2311kJ (552Cal)	532kJ (127Cal)
Protein (g)	47.1g	10.8g
Fat, total (g)	7.1g	1.6g
- saturated (g)	3g	0.7g
Carbohydrate (g)	81g	18.7g
- sugars (g)	13.2g	3g
Sodium (mg)	2028mg	467mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2357kJ (563Cal)	598kJ (143Cal)
Protein (g)	40.6g	10.3g
Fat, total (g)	11.3g	2.9g
- saturated (g)	5.1g	1.3g
Carbohydrate (g)	81g	20.5g
- sugars (g)	13.3g	3.4g
Sodium (mg)	2017mg	512mg

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

- Boil the kettle. Half-fill a medium saucepan with the boiling water.
- Add **basmati rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12 minutes**. Drain.

3



Cook the chicken & bring it all together

- Return frying pan to high heat with a drizzle of **olive oil**. When oil is hot, add **chicken** and **Asian BBQ seasoning** and cook, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- Return **cooked veggies** to pan, stir in **oyster sauce mixture** and cook, until slightly thickened, **1-2 minutes**. Season with **pepper**.

Custom Recipe: If you swapped to beef strips, cook beef strips, tossing, in batches until browned and cooked through, 1-2 minutes. Return all beef to pan and continue as above.

2



Cook the veggies & get prepped

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **green veg mix**, tossing, until softened, **5-6 minutes**. Transfer to a bowl.
- While veggies are cooking, in a small bowl, combine **oyster sauce**, the **brown sugar** and **water**.
- Cut **chicken tenderloins** into 2 cm chunks.

TIP: Add a dash of water to the pan to help speed up the cooking process.

4



Serve up

- Divide rice between bowls.
- Top with Chinese BBQ chicken and veggie stir-fry.
- Sprinkle over **crispy shallots** to serve. Enjoy!

Custom Recipe: Top rice with Chinese BBQ beef and veggie stir-fry.

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