



# 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
<b>olive oil*</b>	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
<b>brown sugar*</b>	½ tbs	1 tbs
<b>water*</b>	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](https://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.

## Rate your recipe

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