



Quick Oyster Sauce Chicken & Veggie Stir-Fry

with Rice & Fresh Chilli

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Basmati Rice



Zucchini



Long Chilli (Optional)



Chicken Thigh



Broccoli & Carrot Mix



Cornflour



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 jasmine 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, 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 |
| water* | 1½ cups | 3 cups |
| basmati rice | 1 medium packet | 1 large packet |
| zucchini | 1 | 2 |
| long chilli  (optional) | ½ | 1 |
| chicken thigh | 1 small packet | 2 small packets OR 1 large packet |
| broccoli & carrot mix | 1 medium packet | 1 large packet |
| cornflour | 1 medium sachet | 1 large sachet |
| 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) | 3071kJ (734Cal) | 589kJ (141Cal) |
| Protein (g) | 40.8g | 7.8g |
| Fat, total (g) | 19.6g | 3.8g |
| - saturated (g) | 8.7g | 1.7g |
| Carbohydrate (g) | 96.7g | 18.5g |
| - sugars (g) | 23.3g | 4.5g |
| Sodium (mg) | 2569mg | 492mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2957kJ (707Cal) | 567kJ (136Cal) |
| Protein (g) | 47.1g | 9g |
| Fat, total (g) | 13.6g | 2.6g |
| - saturated (g) | 6.9g | 1.3g |
| Carbohydrate (g) | 96.7g | 18.5g |
| - sugars (g) | 23.1g | 4.4g |
| Sodium (mg) | 2538mg | 486mg |

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, add the **water** and bring to the boil.
- Add **basmati rice**, stir, cover with a lid and reduce heat to low.
- Cook for **10 minutes**, then remove pan from the heat and keep covered until 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** 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.

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.

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

Our Culinary team is waiting for your feedback!
Let them know what you thought: hellofresh.com.au/rate