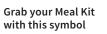


# Quick Oyster Sauce Chicken & Veggie Stir-Fry with Rice & Fresh Chilli

KID FRIENDLY

**CLIMATE SUPERSTAR** 















(Optional)





Broccoli & Carrot



Cornflour





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?



Eat Me Early

**Pantry items** 

# 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

3				
	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)	1/2	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		

<sup>\*</sup>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)	<b>567kJ</b> (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.







#### 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!



### 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!