



Lemongrass Chicken & Stir-Fried Veggies

with Garlic Rice

FEEL-GOOD TAKEAWAY

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Chicken Thigh



Fish Sauce & Rice Vinegar Mix



Ginger Lemongrass Paste



Carrot



Green Beans



Beef Strips

Prep in: 20-30 mins
Ready in: 30-40 mins

Eat Me Early

Chicken, veggies and rice are all you need to enjoy a flavourful meal that is totally guilt-free. To truly make this dish sing, we've added fish sauce and ginger lemongrass paste, which absolutely transform this number into something sweet, salty and super tasty!

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

Pantry items

Olive Oil, Butter, Soy Sauce, Brown Sugar, Vinegar (White Wine or Rice Wine)

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
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 medium packet	1 large packet
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
soy sauce*	1 tbs	2 tbs
brown sugar*	1 tbs	2 tbs
fish sauce & rice vinegar mix	1 medium packet	2 medium packets
ginger lemongrass paste	1 medium packet	2 medium packets
vinegar* (white wine or rice wine)	drizzle	drizzle
carrot	1	2
green beans	1 medium packet	2 medium packets
beef strips**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2846kJ (680Cal)	624kJ (149Cal)
Protein (g)	38.8g	8.5g
Fat, total (g)	25.1g	5.5g
- saturated (g)	9g	2g
Carbohydrate (g)	75g	16.4g
- sugars (g)	12.1g	2.7g
Sodium (mg)	1389mg	305mg
Dietary Fibre (g)	12g	2.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2815kJ (673Cal)	677kJ (162Cal)
Protein (g)	37.4g	9g
Fat, total (g)	24.9g	6g
- saturated (g)	10g	2.4g
Carbohydrate (g)	74.9g	18g
- sugars (g)	12g	2.9g
Sodium (mg)	1353mg	325mg
Dietary Fibre (g)	12g	2.9g

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



Make the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook **garlic**, stirring, until fragrant, **1-2 minutes**.
- Add **basmati rice**, **water** and a generous pinch of **salt**, stir, then bring to the boil. Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!

4



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Add **carrot** and **green beans** and cook, stirring, until just tender, **3-5 minutes**. Transfer to a bowl and cover to keep warm.

2



Flavour the chicken

- Meanwhile, cut **chicken thigh** into 2cm chunks.
- In a medium bowl, combine the **soy sauce**, **brown sugar**, **fish sauce & rice vinegar mix**, **ginger lemongrass paste** and a drizzle of **vinegar**. Add **chicken**, toss to coat and set aside.

Custom Recipe: If you've swapped to beef strips, coat beef as above.

5



Cook the chicken

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Remove **chicken pieces** from the marinade, letting any excess drip back into the bowl, and add to the pan. Cook until the chicken is browned and cooked through (when no longer pink inside), **5-6 minutes**.
- Add the **marinade** to the pan and cook until slightly thickened, **1-2 minutes**.

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef strips, tossing, in batches until browned and cooked through, 1-2 minutes. Transfer to a plate. Return all beef to pan before adding the marinade.

3



Prep the veg

- Thinly slice **carrot** into half-moons.
- Trim and halve **green beans**.

6



Serve up

- Divide the garlic rice between bowls and top with the lemongrass chicken and veggies. Enjoy!

Custom Recipe: Divide the garlic rice between bowls and top with lemongrass beef and veggies to serve.

Rate your recipe

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