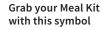


Lemongrass Chicken & Stir-Fried Veggies with Garlic Rice

FEEL-GOOD TAKEAWAY

KID FRIENDLY

CLIMATE SUPERSTAR













Chicken Thigh







Ginger Lemongrass





Green Beans





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!

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

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	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*	1/4 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		
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^{*}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
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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	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

Scan here if you have any que 2024 | CW18



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!



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.



Prep the veg

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



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.



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.



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.



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