

Poached Hainanese Chicken & DIY Sambal

with Rice, Steamed Veggies & Ginger Lemongrass Oil

SKILL UP

NEW

Grab your meal kit with this number

37



Garlic



White Rice



Carrot



Asian Greens



Spring Onion



Chicken Breast



Chicken-Style Stock Powder



Long Chilli (Optional)



Sriracha



Ginger Lemongrass Paste



Sesame Oil Blend



Soy Sauce Mix



Chicken Breast



Japanese Tofu

Prep in: 25-25 mins
Ready in: 35-45 mins

Eat Me Early

Here to challenge your inner chef, our new 'skill up' recipes will take you from zero to hero. By poaching succulent chicken breast in chicken broth and spring onion you'll enjoy a juicy and aromatic chicken in no time. Plus, release the mouth-watering flavours of chilli and garlic with our DIY sambal.

Pantry items

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

Before you start


Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 saucepan with a lid

Ingredients

| | 2 People | 4 People |
|---|-----------------|---------------------------------------|
| olive oil* | refer to method | refer to method |
| garlic | 2 cloves | 4 cloves |
| white rice | 1 medium packet | 1 large packet |
| water* (for the rice) | 1¼ cups | 2½ cups |
| salt* | ¼ tsp | ½ tsp |
| carrot | 1 | 2 |
| Asian greens | 1 packet | 2 packets |
| spring onion | 1 stem | 2 stems |
| chicken breast | 1 medium packet | 2 medium packets OR 1 large packet |
| boiling water* | 3 cups | 6 cups |
| chicken-style stock powder | 1 large sachet | 2 large sachets |
| long chilli  (optional) | ½ | 1 |
| sriracha | 1 medium packet | 2 medium packets |
| vinegar* (white wine or rice wine) | ½ tsp | 1 tsp |
| brown sugar* | pinch | pinch |
| ginger | 1 packet | 2 packets |
| lemongrass paste | 1 packet | 2 packets |
| sesame oil blend | 1 packet | 2 packets |
| soy sauce mix | 1 packet | 2 packets |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 2837kJ (678Cal) | 615kJ (147Cal) |
| Protein (g) | 45.4g | 9.8g |
| Fat, total (g) | 20.8g | 4.5g |
| - saturated (g) | 3.7g | 0.8g |
| Carbohydrate (g) | 75.2g | 16.3g |
| - sugars (g) | 8.9g | 1.9g |
| Sodium (mg) | 2027mg | 440mg |
| Dietary Fibre (g) | 22.3g | 4.8g |

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

2024 | CW25



Cook the garlic rice

1. Finely chop **garlic**. Rinse and drain **white rice**.
2. In a medium saucepan, heat a drizzle of **olive oil** over medium heat.
3. Cook half the **garlic** until fragrant, **1-2 minutes**. Add the **water (for the rice)** and the **salt** and bring to the boil.
4. Add **rice**, stir, cover with a lid and reduce heat to low.
5. Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and all the water is absorbed, **10 minutes**.

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



Make the sambal

1. While veggies are cooking, crush **long chilli** (if using) and remaining **garlic** with a pestle and mortar. Some like it hot, but if you don't just hold back on the **chilli**.
2. **SPICY!** Use less **sriracha** if you're sensitive to heat! Add **sriracha**, the **vinegar**, **olive oil** (1 tbs for 2 people / 2 tbs for 4 people) and a good pinch of **brown sugar**. Pound until your preferred consistency. Season to taste.

TIP: If you don't have a pestle and mortar, you can combine ingredients in a food processor.

CUSTOM OPTIONS

+ DOUBLE CHICKEN BREAST
Follow method above, cooking in batches if necessary.

+ ADD JAPANESE TOFU
Cut into bite-sized chunks. Cook until browned, 3-4 minutes.



Prep & poach the chicken

1. Meanwhile, boil the kettle. Thinly slice **carrot** into sticks. Roughly chop **Asian greens**. Thinly slice **spring onion** (reserve white ends!).
2. Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
3. Heat a large saucepan over high heat. Add the **boiling water** (3 cups for 2 people / 6 cups for 4 people), **chicken-style stock powder**, **chicken** and white ends of the **spring onion**.
4. Reduce heat to medium-low and simmer until the chicken is cooked through (when no longer pink inside), **8-12 minutes**.



Make the ginger lemongrass oil

1. In a small heatproof bowl, combine **ginger lemongrass paste** and **sesame oil blend**. Microwave until fragrant, **30 seconds**.
2. Season with **salt** and **pepper** then add sliced **spring onion**. Stir to combine.
3. Using tongs, remove chicken from the saucepan and transfer to a chopping board. Slice chicken.



Microwave the veggies

1. Add **carrot**, **Asian greens** and a splash of **water** to a microwave-safe bowl, then cover with a damp paper towel.
2. Microwave **veggies** on high until just tender, **2-3 minutes**.
3. Drain, then return to bowl and cover to keep warm.



Serve up

1. Divide rice and steamed veggies between bowls. Top with poached Hainanese chicken.
2. Spoon over ginger lemongrass oil and some broth.
3. Serve with DIY sambal and **soy sauce mix**. Enjoy!

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

