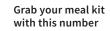


Lemongrass Chicken & Stir-Fried Veggies with Garlic Rice

FEEL-GOOD TAKEAWAY

KID FRIENDLY

CLIMATE SUPERSTAR











Chicken Thigh



Fish Sauce & Rice Vinegar Mix



Ginger Lemongrass Paste



Carrot



Green Beans

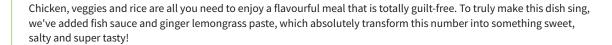




Prep in: 20-30 mins Ready in: 30-40 mins

Eat Me Early





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 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
water*	1½ cups	3 cups
salt*	1/4 tsp	½ tsp
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
soy sauce*	1 tbs	2 tbs
brown sugar*	1 tbs	2 tbs
fish sauce & rice vinegar mix	1 packet	2 packets
ginger lemongrass paste	1 packet	2 packets
vinegar* (white wine or rice wine)	drizzle	drizzle
carrot	1	2
green beans	1 medium packet	2 medium packets
*Pantry Items		

Nutrition

Avg Qty	Per Serving	Per 100g	
Energy (kJ)	2850kJ (681cal)	311kJ (74cal)	
Protein (g)	38.8g	4.2g	
Fat, total (g)	25.2g	2.8g	
- saturated (g)	9g	1g	
Carbohydrate (g)	75.1g	8.2g	
- sugars (g)	12.1g	1.3g	
Sodium (mg)	1389mg	151.6mg	
Dietary Fibre (g)	12g	1.3g	

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.



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 until fragrant, 1-2 minutes.
- Add basmati rice, the water and 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 vinegar.
- · Add chicken, toss to coat and set aside.



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, tossing, 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 chicken, tossing, until 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.



Serve up

• Divide the garlic rice between bowls and top with the lemongrass chicken and stir-fried veggies to serve. Enjoy!







Cook in batches, tossing, until browned and cooked through, 1-2 minutes.



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

