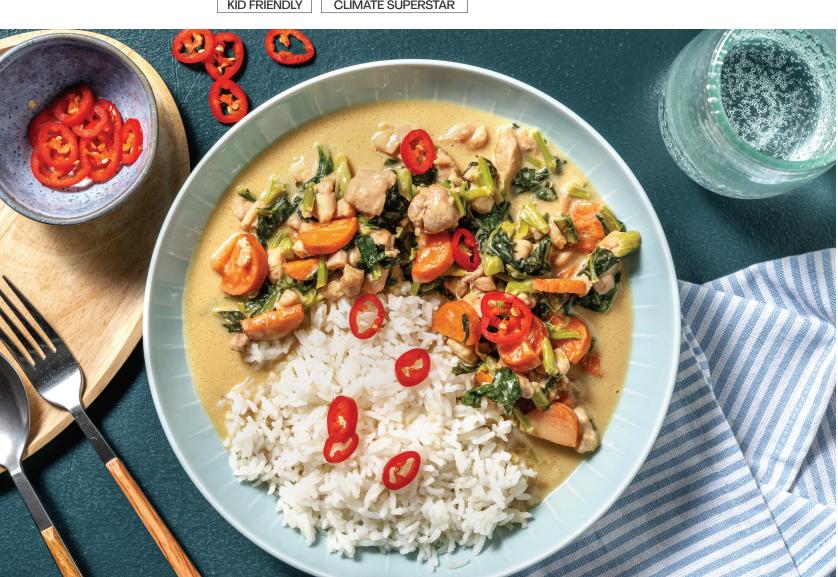


# Quick Vietnamese Lemongrass Chicken with Veggies & Jasmine Rice

KID FRIENDLY

CLIMATE SUPERSTAR



Grab your meal kit with this number









Carrot



Asian Greens



Long Chilli (Optional)





Ginger Lemongrass



Coconut Milk



**Oyster Sauce** 





Prep in: 20-30 mins Ready in: 25-35 mins

Eat Me Early





Vietnamese-inspired cuisine comes together in a flash tonight. Simmer succulent chicken thigh with creamy coconut milk and zingy ginger and lemongrass for bold flavours you can't beat!

**Pantry items** Olive Oil, 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 frying pan with a lid

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
garlic	1 clove	2 cloves
carrot	1	2
Asian greens	1 packet	2 packets
long chilli ∮ (optional)	1/2	1
chicken breast	1 medium packet	2 medium packets OR 1 large packet
ginger lemongrass paste	1 packet	2 packets
coconut milk	1 packet	2 packets
brown sugar*	½ tsp	1 tsp
oyster sauce	1 medium packet	1 large packet

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2988kJ (714cal)	274kJ (66cal)
Protein (g)	46.3g	4.2g
Fat, total (g)	22.8g	2.1g
- saturated (g)	17.2g	1.6g
Carbohydrate (g)	80.4g	7.4g
- sugars (g)	12.5g	1.1g
Sodium (mg)	1411mg	129.4mg
Dietary Fibre (g)	21.8g	2g

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 jasmine rice

- Add the water to a medium saucepan and bring to the boil.
- Add jasmine rice, stir, cover with a lid and reduce heat to low.
- · Cook for 10 minutes, then remove pan from heat.
- Keep covered until rice is tender and water is absorbed, **10 minutes**.

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



### Cook the chicken & veggies

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken and carrot, tossing, until chicken is browned, 4-5 minutes.
- Add Asian greens, then cook, stirring until wilted, 1-2 minutes.
- Add garlic and ginger lemongrass paste, stirring to coat. Cook until fragrant, 1 minute.
- Add coconut milk, the brown sugar and oyster sauce. Reduce heat to medium-low. Simmer until slightly reduced, 2-3 minutes. Season with pepper.



### Get prepped

- · While the rice is cooking, finely chop garlic.
- Thinly slice **carrot** into half-moons.
- · Roughly chop Asian greens.
- Thinly slice long chilli (if using).
- Cut chicken breast into 2cm chunks. Set aside.

**Little cooks:** Under adult supervision, older kids can help grate the carrot.



### Serve up

- · Divide jasmine rice between bowls.
- Top with Vietnamese lemongrass chicken, spooning over any remaining sauce from the pan.
- Sprinkle with chilli (if using) to serve. Enjoy!

**Little cooks:** Show them how it's done and help plate up the meal!









