



Quick Vietnamese Lemongrass Chicken

with Veggies & Jasmine Rice

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

1



Jasmine Rice



Garlic



Carrot



Asian Greens



Long Chilli (Optional)



Chicken Breast



Ginger Lemongrass Paste



Coconut Milk



Oyster Sauce



Chicken Breast



Chicken Thigh

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



Protein Rich



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)	½	1
chicken breast	1 medium packet	2 medium packets OR 1 large packet
ginger	1 packet	2 packets
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

*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.

1



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!

3



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**.

2



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.

4



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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW41



CUSTOM OPTIONS



DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN THIGH

Follow method above.

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

