



# Lemongrass Chicken & Stir-Fried Veggies

with Garlic Rice

FEEL GOOD TAKEAWAY

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

41



Garlic



White Rice



Chicken Thigh



Fish Sauce & Rice Vinegar Mix



Ginger Lemongrass Paste



Carrot



Green Beans



Chicken Breast



Chicken Thigh

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



Protein Rich



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 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
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
white rice	1 medium packet	1 large packet
<b>butter*</b>	20g	40g
<b>water*</b>	1¼ cups	2½ cups
<b>salt*</b>	¼ tsp	½ tsp
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
<b>soy sauce*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	1 tbs	2 tbs
fish sauce & rice vinegar mix	1 packet	2 packets
ginger lemongrass paste	1 packet	2 packets
<b>vinegar*</b> (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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1 Make the garlic rice

- Finely chop **garlic**.
- Rinse and drain **white rice**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
- Add **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 rice is tender and water is absorbed, **10 minutes**.

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



## 4 Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **green beans**, tossing, until just tender, **3-5 minutes**.
- Transfer to a bowl and cover to keep warm.



## 2 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.



## 5 Cook the chicken

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Using tongs, pick up **chicken** from the marinade, letting any excess drip back into the bowl, then add **chicken** to the pan. Cook **chicken**, tossing, until browned and cooked through (when no longer pink inside), **5-6 minutes**.
- Add the **marinade** and cook until slightly thickened, **1-2 minutes**.



## 3 Prep the veggies

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



## 6 Serve up

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

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW48



## CUSTOM OPTIONS



### SWAP TO CHICKEN BREAST

Prep in the same way as above. Cook until cooked through, 4-6 minutes.



### DOUBLE CHICKEN THIGH

Follow method above, cooking in batches if necessary.

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

