

Poached Hainanese Chicken & DIY Sambal

with Rice, Steamed Veggies & Ginger Lemongrass Oil

SKILL UP

Grab your meal kit with this number

42



Garlic



Jasmine Rice



Carrot



Asian Greens



Spring Onion



Chicken Breast



Chicken Stock Pot



Long Chilli (Optional)



Sriracha



Ginger Lemongrass Paste



Sesame Oil Blend



Soy Sauce Mix



Chicken Breast



Chicken Thigh

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



Protein Rich



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
water* (for the rice)	1 cup	2 cups
salt*	¼ tsp	½ tsp
jasmine rice	1 medium packet	1 large packet
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 stock pot	1 small packet	1 medium packet
long chilli (optional) 🌶️	½	1
sriracha	1 packet	2 packets
vinegar* (white wine or rice wine)	½ tsp	1 tsp
brown sugar*	pinch	pinch
ginger		
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)	2833kJ (615cal)	615kJ (133cal)
Protein (g)	45.4g	9.8g
Fat, total (g)	20.8g	4.5g
- saturated (g)	3.7g	0.8g
Carbohydrate (g)	75.3g	16.3g
- sugars (g)	8.9g	1.9g
Sodium (mg)	2028mg	439.9mg
Dietary Fibre (g)	21.8g	4.7g

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 | CW51



Cook the rice

1. Finely chop **garlic**.
2. In a medium saucepan, heat a drizzle of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
3. Add the **water (for the rice)** and **salt** and bring to the boil.
4. Add **jasmine 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 water is absorbed, **10 minutes**.

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



Make the sambal

1. Meanwhile, crush **long chilli** (if using) and remaining **garlic** with a pestle and mortar.
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), 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.

TIP: Some like it hot, but if you don't, hold back on the chilli.

CUSTOM OPTIONS



DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



Get prepped & 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 stock pot**, **chicken** and white ends of the **spring onion**.
4. Reduce heat to medium-low and simmer until the chicken is cooked through, **8-12 minutes**.

TIP: The chicken is cooked through when it's no longer pink inside.



Make the ginger lemongrass oil

1. In a small microwave-safe bowl, combine **ginger lemongrass paste** and **sesame oil blend**. Microwave until fragrant, **30 seconds**.
2. Season to taste, then add **chopped spring onion**. Stir to combine.



Microwave the veggies

1. When chicken has **5 minutes** remaining, 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 the bowl and cover to keep warm.



Serve up

1. Using tongs, remove chicken from the saucepan and transfer to a chopping board. Slice chicken.
2. Divide rice and steamed veggies between bowls. Top with poached Hainanese chicken.
3. Spoon over ginger lemongrass oil and some broth.
4. 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.

