

# Ginger & Lemongrass Chicken

with Roast Veggie Toss & Crispy Shallots

Grab your Meal Kit with this symbol



Potato



Carrot



Beetroot



Kale



Garlic



Makrut Lime Leaves



Ginger Lemongrass Paste



Sesame Oil Blend



Chicken Breast



Crispy Shallots



Mayonnaise



Salmon

### Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **25-35 mins**  
 Ready in: **35-45 mins**  
 Naturally Gluten-Free  
*Not suitable for coeliacs*

Carb Smart  
 Eat Me First

Bursting with bold Asian-inspired flavours, nip that takeaway craving in the bud with this citrusy and zingy chicken dish. To keep the carbs in check, skip the rice and serve on an earthy roast veggie toss.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Soy Sauce (or Gluten-Free Tamari Soy Sauce), Brown Sugar, Rice Wine Vinegar



## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
carrot	1	2
beetroot	1	2
kale	1 medium bag	2 medium bags
garlic	1 clove	2 cloves
makrut lime leaves	2 leaves	4 leaves
ginger	1 packet	2 packets
lemongrass paste (40g)	(40g)	(80g)
sesame oil blend	½ packet	1 packet
soy sauce* (or gluten-free tamari soy sauce)	1 tbs	2 tbs
chicken breast	1 small packet	1 large packet
rice wine vinegar*	drizzle	drizzle
crispy shallots	1 medium packet	1 large packet
mayonnaise	1 packet (40g)	1 packet (100g)
salmon**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1920kJ (458Cal)	390kJ (93Cal)
Protein (g)	42g	8.5g
Fat, total (g)	21.7g	4.4g
- saturated (g)	3.6g	0.7g
Carbohydrate (g)	29.6g	6g
- sugars (g)	14.9g	3g
Sodium (mg)	635mg	129mg
Dietary Fibre	9.6g	2g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2607kJ (623Cal)	545kJ (130Cal)
Protein (g)	34.8g	7.3g
Fat, total (g)	42.9g	9g
- saturated (g)	7.5g	1.6g
Carbohydrate (g)	30.2g	6.3g
- sugars (g)	15.2g	3.2g
Sodium (mg)	605mg	127mg
Dietary Fibre	8.8g	1.9g

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.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

2022 | CW12



## Roast the veggies

Preheat oven to **240°C/220°C fan-forced**. Cut **potato** and **carrot** into bite-sized chunks. Cut **beetroot** into small chunks. Tear **kale** leaves from stem, then roughly chop leaves. Place **potato**, **carrot** and **beetroot** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until softened, **15-20 minutes**. Remove **veggie** tray from oven. Add **kale** to tray, tossing to combine. Return **veggies** to oven and roast until tender, a further **5-10 minutes**.

**TIP:** If your oven tray is crowded, divide the veggies between two trays.

**TIP:** Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



## Add the sauce

Reduce heat to medium-low, then add **ginger lemongrass mixture**. Cook until bubbling, **1 minute**. Turn **chicken** to coat, then remove pan from heat.

### CUSTOM RECIPE

Add ginger lemongrass mixture as above. Gently turn salmon to coat, then remove pan from heat.



## Get prepped

Meanwhile, finely chop **garlic**. Remove centre veins from **makrut lime leaves**, then very finely chop. In a small bowl, combine **ginger lemongrass paste**, **makrut lime leaves**, **garlic**, **sesame oil blend** (see ingredients), **soy sauce** and a pinch of **brown sugar**. Set aside. Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.

**TIP:** Makrut lime leaves are fibrous, so make sure to cut them very thin.

### CUSTOM RECIPE

If you've upgraded to salmon, pat salmon dry (to help it crisp up in the pan!). Season with salt and pepper.



## Toss the veggies

To the roasted **veggie** tray, add a drizzle of **rice wine vinegar**. Gently toss to combine.



## Cook the chicken

When veggies have **10 minutes** remaining, heat a drizzle of **olive oil** in a large frying pan over medium-high heat. Cook **chicken** until cooked through, **3-6 minutes** each side (cook in batches if your pan is getting crowded).

**TIP:** Chicken is cooked through when it's no longer pink inside.

### CUSTOM RECIPE

Prepare frying pan as above. When oil is hot, cook salmon, skin-side down first, until just cooked through, 2-4 minutes each side.



## Serve up

Divide roast veggie toss between bowls. Top with ginger and lemongrass chicken, spooning over any remaining sauce from pan. Sprinkle with **crispy shallots**. Serve with a dollop of **mayonnaise**.

## Enjoy!

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