



Miso Chicken & Garlic Rice Bowl

with Snow Peas

Grab your Meal Kit with this symbol 



Garlic



Basmati Rice



Ginger



Snow Peas



Carrot



Asian Greens



Spring Onion



Lemon



Chicken Thigh



Miso Paste



Black Sesame Seeds



Hands-on: **30-40** mins
Ready in: **40-50** mins



Naturally gluten-free
Not suitable for Coeliacs



Eat me early

This dish is a lightning fast combination of bright Asian greens, miso-glazed chicken and garlic rice, with the feel-good factor of creating an authentic Asian meal from scratch.

Pantry items

Olive Oil, Rice Wine Vinegar, Brown Sugar

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
ginger	1 knob	2 knobs
snow peas	1 bag (100g)	1 bag (200g)
carrot	1	2
Asian greens	1 bunch	2 bunches
spring onion	2 stems	4 stems
lemon	½	1
chicken thigh	1 small packet	1 large packet
miso paste	½ packet	1 packet
rice wine vinegar*	2 tsp	1 tbs
water* (for the sauce)	¼ cup	½ cup
brown sugar*	3 tsp	1½ tbs
black sesame seeds	1 sachet	2 sachets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3162kJ (755Cal)	534kJ (127Cal)
Protein (g)	43.3g	7.3g
Fat, total (g)	27g	4.6g
- saturated (g)	9.4g	1.6g
Carbohydrate (g)	77.6g	13.1g
- sugars (g)	15.4g	2.6g
Sodium (mg)	840mg	142mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.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 the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** and the **salt** and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water has 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 a medium-high heat. Add the **carrot** and cook until just softened, **2-3 minutes**. Add the **snow peas**, **carrot** and **Asian greens** and cook until tender, **2 minutes**. Transfer to a bowl and cover to keep warm.



2. Prep the veggies

While the rice is cooking, grate the **ginger**. Trim the **snow peas**, then slice in half lengthways. Cut the **carrot** (unpeeled) into thin matchsticks. Roughly chop the **Asian greens**. Thinly slice the **spring onion**. Slice the **lemon** into wedges (see **ingredients list**). Cut the **chicken thigh** into 2cm chunks.



5. Cook the veggies

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Cook the **chicken** until browned and cooked through, **5-6 minutes**. Add the **miso glaze** and cook until thickened, **1 minute**.



3. Make the sauce

In a small bowl, combine the **miso paste**, **rice wine vinegar**, **ginger**, **water (for the sauce)** and **brown sugar**.



6. Serve up

Divide the garlic rice between plates. Top the rice with the miso chicken and veggies. Garnish with the sliced spring onion and **black sesame seeds**. Serve the lemon wedges on the side.

Enjoy!