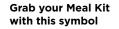
Miso Chicken & Garlic Rice Bowl

with Snow Peas















Ginger





Carrot







Lemon

Spring Onion



Chicken Thigh



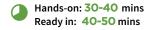
Miso Paste



Black Sesame Seeds

Pantry items

Olive Oil, Rice Wine Vinegar, Brown Sugar





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.

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*	1/4 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	1/2	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)	⅓ 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 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!



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.



3. Make the sauce

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



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.



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.



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!