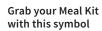


Miso-Glazed Chicken & Ginger Veggies

with Garlic Rice & Mayonnaise

NEW

CLIMATE SUPERSTAR











Asian Greens



Carrot





Crispy Shallots

Zucchini



Chicken Breast





Ginger Paste



Mayonnaise

Prep in: 30-40 mins Ready in: 35-45 mins



Pantry items

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 \cdot 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 medium packet	1 large packet
water*	1½ cups	3 cups
Asian greens	1 bag	2 bags
carrot	1	2
zucchini	1	2
chicken breast	1 small packet	1 large packet
miso paste	½ packet	1 packet
vinegar* (white wine or rice wine)	½ tbs	1 tbs
brown sugar*	1 tbs	2 tbs
ginger paste	1 medium packet	1 large packet
soy sauce*	½ tbs	1 tbs
mayonnaise	1 medium packet	1 large packet
crispy shallots	1 medium packet	1 large packet

^{*}Pantry Items

Nutrition

Per Serving	Per 100g
3265kJ (780Cal)	597kJ (143Cal)
42.7g	7.8g
35.3g	6.5g
10.7g	2g
78g	14.3g
14.8g	2.7g
956mg	175mg
	3265kJ (780Cal) 42.7g 35.3g 10.7g 78g 14.8g

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.



Cook the garlic rice

- Finely chop garlic.
- In a medium saucepan, melt the butter with a dash of olive oil over medium heat. Cook garlic until fragrant, 1-2 minutes.
- Add basmati rice, the water and a generous pinch of salt. Stir, then bring to the boil.
- Reduce the heat to low and cover with a lid.
 Cook for 10 minutes, then remove from the heat. Keep covered until the rice is tender and the water is absorbed, 10 minutes.

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



Get prepped

- While the rice is cooking, roughly chop Asian greens.
- Thinly slice carrot and zucchini into half-moons.
 Cut chicken breast into 2cm chunks.



Make the glaze

 In a small bowl, combine miso paste (see ingredients), vinegar, brown sugar and a splash of water.



Cook the veggies

- In a large frying pan heat with a drizzle of olive oil over medium-high heat. Stir-fry carrot and zucchini until tender, 4-5 minutes.
- Add Asian greens and ginger paste, cook tossing, until fragrant, 1-2 minutes.
- Add the soy sauce and toss to coat. Transfer to a bowl and cover to keep warm.



Cook the chicken

- Return the frying pan to medium-high heat with a drizzle of olive oil. Cook chicken until browned and cooked through, 5-6 minutes.
- Add miso glaze and cook, stirring, until the chicken is well coated and glaze is slightly thickened, 1-2 minutes.

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



Serve up

- Divide the garlic rice between bowls.
- Top with the ginger veggies and miso-glazed chicken, spooning over any remaining glaze from the pan.
- Serve with a dollop of mayonnaise and sprinkled with crispy shallots. Enjoy!

