



# Miso-Glazed Chicken & Ginger Veggies

with Garlic Rice & Mayonnaise

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Asian Greens



Carrot



Zucchini



Crispy Shallots



Chicken Breast



Miso Paste



Ginger Paste



Mayonnaise

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

Eat Me Early

Is there anything more satisfying than when this aromatic basmati rice, soaks up all the goodness from these ginger veggies and miso-glazed chicken? The answer is no!

## Pantry items

Olive Oil, Butter, Vinegar (White Wine or Rice Wine), Brown Sugar, Soy Sauce

## 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
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
<b>butter*</b>	20g	40g
basmati rice	1 medium packet	1 large packet
<b>water*</b>	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
<b>vinegar*</b> (white wine or rice wine)	½ tbs	1 tbs
<b>brown sugar*</b>	1 tbs	2 tbs
ginger paste	1 medium packet	1 large packet
<b>soy sauce*</b>	½ tbs	1 tbs
mayonnaise	1 medium packet	1 large packet
crispy shallots	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3265kJ (780Cal)	597kJ (143Cal)
Protein (g)	42.7g	7.8g
Fat, total (g)	35.3g	6.5g
- saturated (g)	10.7g	2g
Carbohydrate (g)	78g	14.3g
- sugars (g)	14.8g	2.7g
Sodium (mg)	956mg	175mg

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.

1



## 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!

4



## 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.

2



## 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.

5



## 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.

3



## Make the glaze

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

6



## 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!

We're here to help!

Scan here if you have any questions or concerns

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