



ONE-PAN SUMMER PEACH CHICKEN & GREENS

with Steamed Rice & Toasted Almonds



Toast your nuts for extra flavour



Jasmine Rice



Garlic



Ginger



Yellow Peaches



Slivered Almonds



Chicken Breast



Long Red Chilli (Optional)



Broccolini



Spring Onion



Baby Spinach Leaves

- Hands-on: 15 mins
Ready in: 35 mins
- Spicy (optional long red chilli)
- Eat me early

What a joy is the one pan wonder. Little on time, big on flavour, this simple supper with savoury soy, sweet peach and crunchy almonds will please even the pickiest of eaters.

Pantry Staples: Olive Oil, Water, Soy Sauce, Brown Sugar, Rice Wine Vinegar (Or White Wine Vinegar)

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **medium saucepan with lid, wooden spoon, garlic crusher, fine grater, chef's knife, chopping board, large frying pan with lid or foil, tongs and plate.**



1 COOK THE RICE

Rinse the **Jasmine rice** well. Add the **water (for the rice)** to a medium saucepan and bring to the boil. Add the rice, stir, cover with a lid and reduce the heat to low. Cook for **11-12 minutes**, then remove the pan from the heat and keep covered for another **10-15 minutes**, or until the rice is tender and all the water is absorbed.

TIP: Don't lift the lid while the rice is resting so you don't lose any steam!



2 GET PREPPED

While the rice is cooking, peel and crush the **garlic**. Peel and finely grate the **ginger**. Finely chop the **spring onion**. Chop the **yellow peaches** into 2 cm chunks. Heat a large frying pan over a medium-high heat. Add the **slivered almonds** and toast, stirring regularly, for **3-4 minutes**, or until golden brown. Remove from the pan and set aside.



3 BROWN THE CHICKEN

Return the pan to a medium-high heat and add a **drizzle of olive oil**. Add the **chicken breast** and cook for **2 minutes** on each side, or until browned on the outside but not cooked through (the chicken will continue cooking in step 4). Remove from the pan and set aside on a plate.



4 ADD THE PEACHES

Return the pan to a medium-high heat and add a **drizzle of olive oil**. Add the **garlic** and **ginger** and cook for **1 minute**, or until fragrant. Add the **peaches, soy sauce, brown sugar, rice wine vinegar** and **water (for the sauce)** to the pan and bring to the boil. Return the **chicken** to the pan, reduce the heat to low and cover with a lid. Simmer for **8 minutes**.

TIP: If you don't have a lid, cover the pan with foil.



5 ADD THE VEG

While the chicken is simmering, finely slice the **long red chilli** (if using). Slice the **broccolini** into 3 cm pieces. Add the broccolini to the pan and stir through. Cook for a further **3-4 minutes**, or until the sauce has reduced and the chicken has cooked through. Add the **baby spinach leaves** and stir until just wilted.



6 SERVE UP

Divide the steamed rice between bowls. Top with the summer peach chicken and spoon over the remaining sauce. Garnish the adult's portions with the chilli (if using), spring onion and toasted almonds.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
Jasmine rice	2 packets (1 1/2 cups)
water* (for the rice)	2 1/2 cups
garlic	1 clove
ginger	1 knob
spring onion	1 bunch
yellow peaches	2
slivered almonds	1 packet
chicken breast	1 packet
soy sauce*	3 tbs
brown sugar*	3 tbs
rice wine vinegar* (or white wine vinegar)	2 tbs
water* (for the sauce)	1/2 cup
long red chilli (optional)	1
broccolini	1 bunch
baby spinach leaves	1 bag

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2600kJ (622Cal)	436kJ (104Cal)
Protein (g)	47.1g	7.9g
Fat, total (g)	12.8g	2.1g
- saturated (g)	3.3g	0.6g
Carbohydrate (g)	77.6g	13.0g
- sugars (g)	14.8g	2.5g
Sodium (g)	811mg	136mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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