



Cooking Made Easy

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HelloFresh Chicken and Pandan Infused Rice

A little while ago Patrick dared to try his hand at a Singaporean institution: Chicken Rice. This deceptively simple dish is to Singapore what Shepherd's Pie is to the UK. For this version 2.0 we've got a few recommendations to make it perfect: 1) make sure you 'poach' rather than boil your chicken, 2) save any leftover stock to drizzle on your rice at the end and 3) don't throw away that odd looking leaf in your box - it's the pandan for the rice!

 40 min

 lactose free



Chicken Stock Pot



Spring Onion



Ginger



Chicken Breasts



Basmati Rice



Pandan Leaf



Sweet Soy Sauce



Cucumber

Ingredients

	2P	4P
Chicken Stock Pot	1½	3
Spring Onion, chopped	3	5
Ginger, chopped	2 tbsp	4 tbsp
Chicken Breasts	2	4
Basmati Rice	1 cup	2 cups
Pandan Leaf	1	2
Sweet Soy Sauce 1, 2	1 pot	2 pots
Cucumber, sliced	⅔	1

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Soya | 2) Gluten

Nutrition per serving: Calories: 439 kcal | Protein: 35 g | Carbs: 67 g | Fat: 1 g | Saturated Fat: 0.2 g

2



1 Boil 900ml water in a large pot and add 1½ of the stock pots.

2 Chop two of the spring onions into 3cm pieces. Peel the skin from the ginger using the edge of a spoon (then discard it) and roughly chop. Chop the remaining spring onion widthways into thin discs, separating the white and green parts.

3



3 Add the two roughly chopped spring onions and half the ginger to the pot of boiling water. Add the chicken to the pot and bring it back to a very gentle boil. As soon as you see bubbles, turn the heat down so that the chicken poaches.

Tip: 'Poaching' means the water is steaming but there are no big bubbles rising through it. Cook for 20 mins then remove the breasts and keep to the side.

5



4 Heat 2 tsp of oil in a medium sized pot on medium-low heat. Once hot add the remaining ginger and the whites of the remaining spring onion. Gently cook for 3 mins before adding the rice and cooking for a further 2 mins. **Tip:** Take a big enough pot; you'll boil the rice in this.

6



5 Tie the pandan leaf into a knot and add this to the pan of rice. Scoop

out 350ml (exactly) of the water from the chicken pot and add to the rice. Cover the rice pot with a tight lid. Turn the heat to its lowest and leave for 10 mins before taking off the heat for 10 mins. **Tip:** Do not peek under the lid for the whole 20 mins or the rice will not cook perfectly.

6 Check to see if the chicken is cooked through - it should no longer be pink in the middle. Once you remove it, rub ½ tsp of soy sauce over each breast. Keep to the side.

7 Slice the cucumber as thinly as possible. **Tip:** If you have a cheese scraper you can use this to thinly slice the cucumber. Slice off one end of the cucumber and scrape each cucumber slice onto your chopping board. After 20 mins remove the pandan leaf from the rice and fluff it up with a fork. Fill a round cup with the rice, press it down and then turn onto the plate (like a sandcastle!).

8 Slice the chicken diagonally and arrange next to the rice. Serve with some sliced cucumber, a drizzle of the remaining soy sauce and a sprinkle of the remaining spring onion. **Tip:** Drizzle any remaining stock over your rice for extra flavour!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!