

Ginger & Lemongrass Chicken

with Roast Veggie Toss & Crispy Shallots

Grab your Meal Kit with this symbol 



Potato



Carrot



Beetroot



Garlic



Ginger Paste



Lemongrass & Makrut Lime Stir-Fry Paste



Sesame Oil Blend



Chicken Breast



Baby Spinach Leaves



Crispy Shallots



Mayonnaise

 **Recipe Update**

The recent wet weather conditions across the East Coast have impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

 Hands-on: **25-35 mins**
 Ready in: **35-45 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

 Eat Me Early
 Carb Smart

Boasting bold Asian flavours from citrusy makrut lime and zingy ginger and lemongrass, tonight's dinner goes to show that you can cut back on carbs without having to miss out on your favourite cuisines.

Pantry items

Olive Oil, Soy Sauce (or Gluten-Free Tamari Soy Sauce), Brown Sugar, Rice Wine Vinegar

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
carrot	1	2
beetroot	1	2
garlic	1 clove	2 cloves
ginger paste	1 packet	1 packet
lemongrass & makrut lime stir-fry paste	1 packet	2 packets
sesame oil blend	½ packet	1 packet
soy sauce* (or gluten-free tamari soy sauce)	1 tbs	2 tbs
brown sugar*	pinch	pinch
chicken breast	1 small packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
rice wine vinegar*	drizzle	drizzle
crispy shallots	1 medium packet	1 large packet
mayonnaise	1 packet (40g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2053kJ (490Cal)	423kJ (101Cal)
Protein (g)	38g	7.8g
Fat, total (g)	26.5g	5.5g
- saturated (g)	4.6g	0.9g
Carbohydrate (g)	28.9g	6g
- sugars (g)	14.1g	2.9g
Sodium (mg)	670mg	138mg
Dietary Fibre	7.1g	1.5g

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.



Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** and **carrot** into bite-sized chunks. Cut the **beetroot** into small chunks. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.



Add the sauce

Reduce the heat to medium-low, then add the **ginger lemongrass mixture**. Cook until bubbling, **1 minute**. Turn the **chicken** to coat, then remove the pan from the heat.



Get prepped

While the veggies are roasting, finely chop the **garlic**. In a small bowl, combine the **ginger paste**, **lemongrass & makrut lime stir-fry paste**, **garlic**, **sesame oil blend** (see ingredients), **soy sauce** and a pinch of **brown sugar**. Set aside. Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.



Make the salad

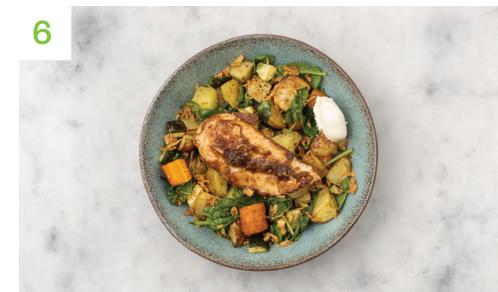
To the roasted **veggie** tray, add the **baby spinach leaves** and a drizzle of **rice wine vinegar**. Gently toss to combine.



Cook the chicken

When the veggies have **10 minutes** remaining, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook the **chicken** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).

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



Serve up

Divide the roast veggie toss between bowls. Top with the ginger and lemongrass chicken, spooning over any remaining sauce from the pan. Sprinkle over the **crispy shallots**. Serve with the **mayonnaise**.

Enjoy!

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