

Hainanese-Style Chicken Rice

with Greens & Ginger-Spring Onion Sauce

Grab your Meal Kit with this symbol



Half Chicken



Ginger Lemongrass Paste



Chicken-Style Stock Powder



Jasmine Rice



Spring Onion



Ginger Paste



Long Red Chilli (Optional)



Tomato



Coriander



Lime



Baby Broccoli



Asian Greens



Oyster Sauce



Crispy Shallots

 Hands-on: 25-35 mins
 Ready in: 40-50 mins

 Spicy (optional long red chilli)

 Eat Me Early

Take a break from your everyday roast chicken dinner with this nourishing Hainanese-inspired version. Instead of roast veg and a garden salad, the dish is served with sautéed greens, lemongrass and ginger-infused rice and a vibrant tomato and coriander salad. The sauce is zingy, delicate, and worth the extra few minutes!

Pantry items

Olive Oil

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

Large frying pan · Oven tray lined with baking paper · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
half chicken	1 packet	2 packets
ginger lemongrass paste	1 packet	2 packets
water*	1 ¼ cups	2 ½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
jasmine rice	1 medium packet	1 large packet
spring onion	1 stem	2 stems
ginger paste	1 medium packet	1 large packet
long red chilli (optional)	½	1
tomato	1	2
coriander	1 bag	1 bag
lime	½	1
baby broccoli	1 bunch	2 bunches
Asian greens	1 bag	2 bags
oyster sauce	1 packet (50g)	1 packet (100g)
crispy shallots	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4648kJ (1111Cal)	579kJ (138Cal)
Protein (g)	85.7g	10.7g
Fat, total (g)	47.9g	6g
- saturated (g)	13.1g	1.6g
Carbohydrate (g)	80.3g	10g
- sugars (g)	10g	10g
Sodium (mg)	2062mg	257mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

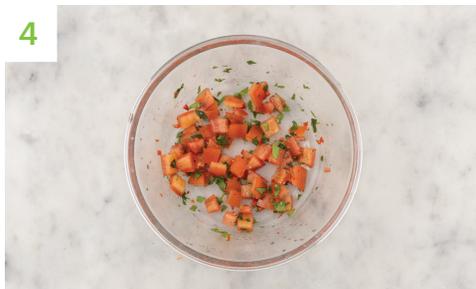
Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1 Roast the chicken

Preheat the oven to **240°C/220°C fan-forced**. Season the **half chicken** with **salt** and **pepper**. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. When the oil is hot, cook the **chicken**, skin-side down, until browned, **4-5 minutes** each side. Transfer to a lined oven tray, skin side-up, and roast until cooked through, **25-30 minutes**. Set aside to rest for **5-10 minutes**.

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



4 Make the salad

Finely chop the **long red chilli** (if using). Roughly chop the **tomato** and **coriander**. Slice the **lime** into wedges. In a medium bowl, combine **chilli**, **tomato**, a squeeze of **lime juice** and 1/2 the **coriander**. Season to taste.

TIP: Use as much or as little chilli as you like!



2 Cook the rice

While the chicken is roasting, heat a drizzle of **olive oil** in a medium saucepan over a medium heat. Cook the **ginger lemongrass paste** until fragrant, **1 minute**. Add the **water** and **chicken-style stock powder**. Bring to the boil. Add the **jasmine rice**. Stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat. Keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

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



5 Cook the greens

While the chicken is resting, roughly chop the **baby broccoli** and **Asian greens**. Return the frying pan to a medium-high heat with another drizzle of **oil**, if needed. Cook the **baby broccoli** until tender, **5-6 minutes**. Add the **Asian greens** and cook until just wilted, **1-2 minutes**. Remove from the heat. Add the **oyster sauce** and toss to combine. Transfer to a serving plate.



3 Make the sauce

While the rice is cooking, thinly slice the **spring onion**. In a small bowl, combine the **spring onion**, **ginger paste** and a generous pinch of **salt**. Wipe out the frying pan and return to a high heat with **olive oil** (2 tbs for 2 people / 1/4 cup for 4 people). Heat until just smoking, **1 minute**. Carefully pour the **oil** over the **ginger-spring onion mixture**. Stir to combine.

TIP: The hot oil will bubble up and cook the ginger.



6 Serve up

Cut the chicken in half, then spoon the ginger-spring onion sauce on top. Top the rice with the **crispy shallots** and remaining coriander. Bring the Hainanese-style chicken, rice, greens and tomato salad to the table. Serve with any remaining lime wedges.

Enjoy!

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