



Quick Honey-Soy Chicken & Veggie Stir-Fry

with Rapid Butter Rice

Grab your Meal Kit with this symbol



Basmati Rice



Diced Chicken



Garlic



Carrot



Baby Corn Spears



Honey-Soy Sauce



Baby Spinach Leaves



Coriander



Crispy Shallots

Hands-on: **20-30 mins**
 Ready in: **25-35 mins**

Eat Me Early

Sure, whipping up a honey-soy sauce at home is easy, but we've made it even easier by using a ready-made sauce. It's the ideal accompaniment to tender diced chicken, stir-fried veggies and buttery basmati rice. Top the whole thing off with moreish crispy shallots and this will become a favourite - fast!

Pantry items

Olive Oil, Butter

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 packet	1 packet
butter*	20g	40g
diced chicken	1 packet	1 packet
garlic	3 cloves	6 cloves
carrot	1	2
baby corn spears	½ tin	1 tin
honey-soy sauce	1 medium packet	1 large packet
baby spinach leaves	1 bag (60g)	1 bag (120g)
coriander	1 bag	1 bag
crispy shallots	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2959kJ (707Cal)	475kJ (114Cal)
Protein (g)	43.1g	6.9g
Fat, total (g)	13.3g	2.1g
- saturated (g)	7.7g	1.2g
Carbohydrate (g)	100.2g	16.1g
- sugars (g)	27.3g	4.4g
Sodium (mg)	1979mg	318mg

The quantities provided above are averages only.

Allergens

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

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



Cook the rice

- Boil the kettle. Half-fill a medium saucepan with the boiling water.
- Add **basmati rice** and a good pinch of **salt** and cook, uncovered, over a high heat until tender, **12 minutes**.
- Drain and return **rice** to the saucepan. Add the **butter** and stir to combine.



Cook the veggies & bring it all together

- Return the frying pan to a medium-high heat with a drizzle of **olive oil**.
- Cook **carrot** until slightly tender, **3-4 minutes**. Add **baby corn spears** and cook for a further **3-4 minutes**.
- Reduce heat to medium, then add **garlic** and cook until fragrant, **1 minute**.
- Return **chicken** and any **resting juices** to the pan, then add **honey-soy sauce** and a splash of **water** and cook until slightly thickened, **1 minute**. Add **baby spinach leaves**, then stir to combine.

TIP: Add a dash of water to the pan to help speed up the cooking process.



Cook the chicken

- While the rice is cooking, heat a large frying pan with a drizzle of **olive oil** over a high heat.
- When oil is hot, cook **diced chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**. Transfer to a bowl.
- Meanwhile, finely chop **garlic**. Roughly chop **carrot**. Drain **baby corn spears** (see ingredients).



Serve up

- Divide rapid butter rice between bowls.
- Top with honey-soy chicken and veggie stir-fry.
- Tear over **coriander** and garnish with **crispy shallots** to serve.

Enjoy!