



Sweet Miso-Glazed Chicken

with Sesame-Garlic Rice & Crispy Shallots

Grab your Meal Kit
with this symbol



Garlic



Basmati Rice



Miso Paste



Broccoli



Carrot



Ginger



Sesame Seeds



Chicken Breast



Mayonnaise



Crispy Shallots

Hands-on: 30-40 mins
 Ready in: 35-45 mins
 Eat Me Early

This dish is a perfect combination of bright veggies, miso-glazed chicken and sesame-garlic rice, with the feel-good factor of creating a magnificent Asian-inspired meal from scratch.

Pantry items

Olive Oil, Butter, Rice Wine Vinegar,
Brown Sugar, Soy Sauce

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 with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
miso paste	½ packet	1 packet
rice wine vinegar*	½ tbs	1 tbs
brown sugar*	1 tbs	2 tbs
broccoli	1 head	2 heads
carrot	1	2
ginger	1 knob	2 knobs
sesame seeds	1 sachet	1 sachet
soy sauce*	½ tbs	1 tbs
chicken breast	1 packet	1 packet
mayonnaise	1 packet (40g)	1 packet (80g)
crispy shallots	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3626kJ (867Cal)	646kJ (154Cal)
Protein (g)	45.8g	8.2g
Fat, total (g)	37.5g	6.7g
- saturated (g)	12g	2.1g
Carbohydrate (g)	84.8g	15.1g
- sugars (g)	12.1g	2.2g
Sodium (mg)	1210mg	216mg

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 garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** until fragrant,

1-2 minutes. Add the **basmati rice**, **water** and a pinch of **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for

10 minutes, then remove from the heat and keep covered until the rice is tender and the water has been absorbed, **10 minutes**.

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



Make the miso glaze

In a small bowl, combine the **miso paste** (see ingredients), **rice wine vinegar**, **brown sugar** and a splash of **water**. Set aside.



Prep the veggies

Cut the **broccoli** into small florets and roughly chop the stalk. Thinly slice the **carrot** into half-moons. Finely grate the **ginger**.



Cook the ginger veggies

Heat a large frying pan over a medium-high heat. Toast the **sesame seeds**, tossing, until golden, **3-4 minutes**. Transfer to a bowl. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **broccoli** and **carrot** with a splash of **water**, tossing occasionally, until tender, **5-6 minutes**. Add the **ginger** and remaining **garlic** and cook until fragrant, **1 minute**. Add the **soy sauce** and toss to coat. Transfer the veggies to a bowl.



Cook the chicken

While the veggies are cooking, cut the **chicken breast** into 2cm chunks. Wipe out the frying pan and return to a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**. Add the **miso glaze** and cook, stirring, until thickened slightly and the chicken is well coated, **1-2 minutes**.



Serve up

Stir the toasted sesame seeds through the garlic rice. Divide the sesame-garlic rice between bowls. Top with the ginger veggies and miso-glazed chicken. Spoon over any remaining glaze. Top with the **mayonnaise** and garnish with the **crispy shallots** to serve.

Enjoy!