



Sweet & Sticky Chicken

with Garlic-Ginger Rice & Lime-Sautéed Veg

Grab your Meal Kit with this symbol



Garlic



Ginger Paste



Basmati Rice



Southeast Asian Spice Blend



Chicken Thigh



Carrot



Green Beans



Shredded Cabbage Mix



Lime



Oyster Sauce



Sweet Chilli Sauce



Salmon

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: 30-40 mins
Ready in: 35-45 mins

Eat Me First*
**Custom Recipe Only*

Eat Me Early

Brighten up your night with this bowl of delicious delights. Start with a bed of rich garlic and zingy ginger-laced rice, then load it up with zesty veggies, and let's not forget the MVP: juicy chicken thighs, which finish cooking in the oven before being slathered with a sweet chilli and oyster sauce glaze.



CUSTOM RECIPE

If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, 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

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
ginger paste	1 medium packet	1 large packet
basmati rice	1 medium packet	1 large packet
water*	1½ cups	3 cups
Southeast Asian spice blend	1 sachet	2 sachets
chicken thigh	1 small packet	1 large packet
carrot	1	2
green beans	1 small bag	1 medium bag
shredded cabbage mix	1 medium bag	1 large bag
lime	½	1
oyster sauce	1 packet (50g)	1 packet (100g)
sweet chilli sauce	1 packet (50g)	1 packet (100g)
rice wine vinegar*	drizzle	drizzle
salmon**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3489kJ (833Cal)	592kJ (141Cal)
Protein (g)	40.4g	6.9g
Fat, total (g)	29.9g	5.1g
- saturated (g)	9.8g	1.7g
Carbohydrate (g)	94.6g	16g
- sugars (g)	28.8g	4.9g
Sodium (mg)	1910mg	324mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3998kJ (955Cal)	708kJ (169Cal)
Protein (g)	38.8g	6.9g
Fat, total (g)	44.5g	7.9g
- saturated (g)	11.8g	2.1g
Carbohydrate (g)	94.9g	16.8g
- sugars (g)	29.1g	5.2g
Sodium (mg)	1851mg	328mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

2022 | CW04



1 Cook the garlic-ginger rice

Preheat the oven to **240°C/220°C**. Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook the **ginger paste** and **garlic** until fragrant, **1-2 minutes**. Add the **basmati rice**, the **water** and a generous 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. Keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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

CUSTOM RECIPE

If you've upgraded to salmon, preheat the oven to 220°C/200°C fan-forced.



4 Cook the veggies

Wipe out the frying pan, then return to a high heat with a drizzle of **olive oil**. Stir-fry the **carrot** and **green beans** with a splash of **water** until just tender, **3-4 minutes**. Add the **shredded cabbage mix** and cook until softened, **1-2 minutes**. Stir through a generous squeeze of **lime juice**. Season to taste, then transfer to a bowl. Cover to keep warm.



2 Cook the chicken

While the rice is cooking, combine the **Southeast Asian spice blend**, a drizzle of **olive oil** and a pinch of **pepper** in a medium bowl. Add the **chicken thigh**, turning to coat. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **chicken** until golden, **2 minutes** each side. Transfer to a lined oven tray. Bake until cooked through, **8-12 minutes**.

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

CUSTOM RECIPE

Pat the salmon dry. Prepare the spice mixture as above, then add the salmon, gently turning to coat. Place the salmon on a lined oven tray, then lightly coat or spray with olive oil. Bake until just cooked through, 8-10 minutes.



5 Make the sauce

Wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Add the **oyster sauce**, **sweet chilli sauce**, a drizzle of **rice wine vinegar** and a splash of **water**. Cook, stirring, until heated through, **2-3 minutes**. Remove the pan from the heat. Add the **veggies** and baked **chicken**, turning to coat.

CUSTOM RECIPE

Add the baked salmon to the frying pan as above, then gently turn to coat in the sauce.



3 Prep the veggies

While the chicken is baking, thinly slice the **carrot** into half-moons. Trim and halve the **green beans**. Cut the **lime** into wedges.



6 Serve up

Slice the sweet and sticky chicken. Divide the garlic-ginger rice between plates. Top with the chicken and lime-sautéed veg. Spoon over any extra sauce from the pan and serve with any remaining lime wedges.

CUSTOM RECIPE

Divide the sweet and sticky salmon between plates, then serve as above.

Enjoy!