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Fragrant Chicken and Vegetable

Stir-Fry with Brown Rice



20-30min



4 Portions

Brown rice is a great source of fibre and makes a wonderful base for this speedy and sensational stir-fry. The vegetables are tender-crisp and give this dish a great texture, not to mention they look beautiful, too!

What we send

- brown rice
- sauce mix ^{2,4}
- 1 birds eye chilli, ginger, coriander, 3 garlic cloves
- snow peas
- zucchini
- carrot
- free-range chicken breast fillet
- fish sauce ⁴

What you'll require

- vegetable oil

Utensils

- grater
- medium saucepan
- sieve
- wok or deep frying pan
- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

Adding a little bit of chilli and/or a herb to a stir-fry is a great way to encourage children to become more adventurous with their tastes.

Allergens

Shellfish (2), Fish (4). May contain traces of other allergens.

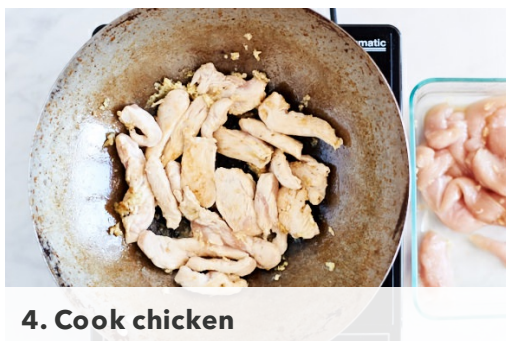
Nutrition per serving

Energy 590.0kcal, Fat 13.3g, Proteins 52.5g, Carbs 58.6g



1. Cook rice

Rinse the **rice** well. Place in a medium saucepan with 500ml (2 cups) **water**. Cover and bring to a simmer over medium heat. Reduce heat to low and cook for 20 mins or until tender and water has absorbed. Turn off the heat and stand, covered for at least 5 mins.



4. Cook chicken

Heat 1½ tbs **oil** in a wok or large frypan over medium-high heat. Stir-fry half the **garlic** and **ginger** for 30 secs or until fragrant. Stir-fry half the **chicken** for 2-3 mins until chicken is just cooked through. Remove from pan. Repeat with remaining garlic and ginger and with remaining chicken. Remove from pan.



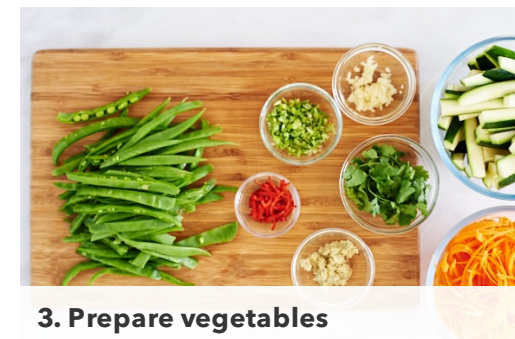
2. Marinate chicken

Meanwhile, finely chop 2 **garlic cloves**. Place in a shallow dish with the **fish sauce**. Cut **chicken** into thin strips about 5cm long x 1cm wide. Add to dish and toss to coat.



5. Cook vegetables

Heat 1 tbs **oil** in the same pan over medium heat. Stir-fry **zucchini** with 1 tbs **water** for 2 mins. Add **carrots** and **chopped coriander stems** and stir-fry for 1 min. Add **snow peas** and stir-fry for 1-2 mins until all the vegetables are tender.



3. Prepare vegetables

Finely chop the remaining **garlic**. Peel and finely grate the **ginger**. Cut **carrots** into thin matchsticks or use an asian shredder. Cut **zucchini** into batons. Trim ends of **snow peas** and slice lengthwise. Thinly slice the **chilli** (deseed for less heat if you prefer). Pick the **coriander** leaves and coarsely chop the stems.



6. Finish stir-fry

Add the **caramel sauce mix** and toss to combine. Return **chicken** to pan and gently toss to combine with the **vegetables** and **sauce**. Serve over the **rice**, scattered with **red chilli** and **coriander sprigs** for the parents.