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Hoisin Chicken

with Vegetable Fried Rice



30-40min



4 Portions

A stir-fry is always a great weeknight option - quick and easy and perfect for boosting your veggie intake. This version stir-fries rice with the gorgeous green veggies and tops it with sticky chicken and hoisin sauce, making it a satisfying winner everyone will love.

What we send

- sauce mix
- snow peas
- coriander, red chilli, ginger, garlic cloves
- broccoli
- green beans
- free-range chicken thigh fillet
- jasmine rice

What you'll require

- Australian honey
- soy sauce ⁶
- vegetable oil

Utensils

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

Cooking tip

Reserve any remaining cooked rice for another use. If kids prefer their rice and veggies separate, don't add the rice to the pan, however, fried rice is a great way to get kids to eat more veggies.

Allergens

Soy (6). May contain traces of other allergens.

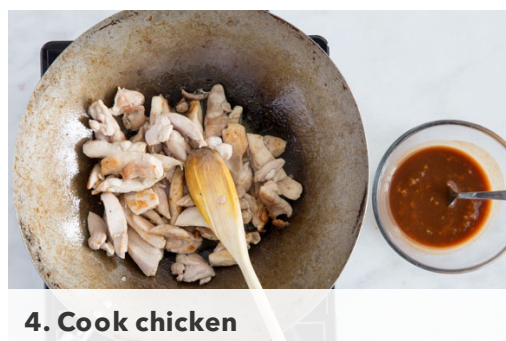
Nutrition per serving

Energy 600.0kcal, Fat 13.1g, Proteins 44.3g, Carbs 71.0g



1. Cook rice

Rinse the **rice** well. Place in a medium saucepan with 560ml (2 ¼ cups) water, cover and bring to a simmer over medium heat. Reduce heat to low and cook for 12 mins or until tender and water has absorbed. Turn off the heat and stand, covered for at least 5 mins.



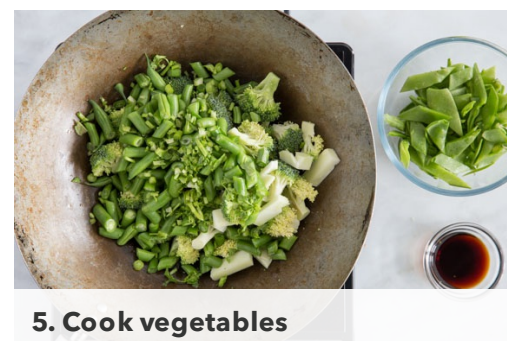
4. Cook chicken

Heat 1 tbs **oil** in a large wok over medium-high heat. Cook the **chicken** for 3 mins each side or until light golden (depending on the size of your pan, you may need to cook the chicken in 2 batches). Add the **sauce**, and toss to coat. Stir-fry for 3-4 mins until chicken is cooked through. Set chicken and sauce aside and cover with foil to keep warm.



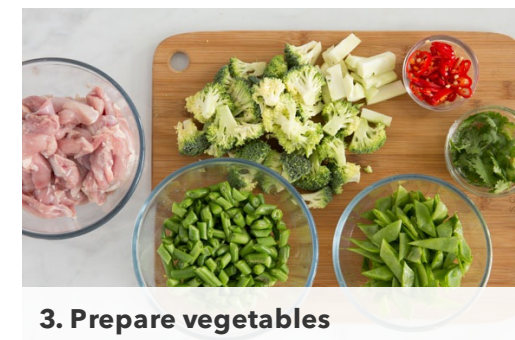
2. Prepare sauce

Meanwhile, finely chop the **garlic**. Peel and finely grate the **ginger**. Combine the **sauce mix** with 2 tbs **soy sauce**, 2 tsp **honey**, **half the garlic** and **half the ginger**.



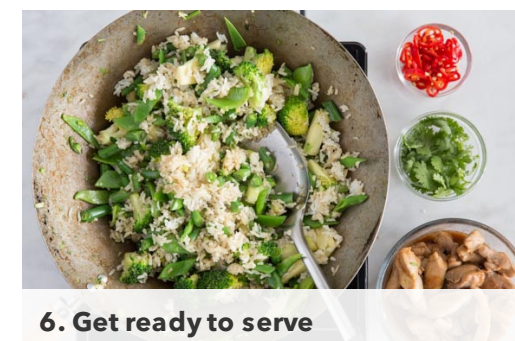
5. Cook vegetables

Wipe the wok clean and heat over medium-high heat. Add 1 tbs **oil** to the pan and stir-fry the **chopped coriander** and remaining **garlic** and **ginger** for 30 secs. Add **beans**, **broccoli** and 2 tbs **water** and stir-fry for 2 mins. Add **snow peas** and 1 tbs **soy sauce** and stir-fry for 1 min.



3. Prepare vegetables

Trim excess fat from **chicken** then thickly slice. Trim ends of **beans** and cut into 2cm pieces. Trim ends of **broccoli** and cut into small pieces. Trim ends of **snow peas**, then diagonally slice. Coarsely chop the **coriander** leaves and stems, reserving some sprigs for garnish. Thinly slice the **chilli** (deseed for less heat if you prefer).



6. Get ready to serve

Fluff up **rice** with a fork then add desired amount of rice to the vegetables in the pan (see cooking tip). Stir-fry for a further 1 min. Divide stir-fried rice between plates and top with the **chicken** and **sauce**. Scatter over **coriander** sprigs and **chilli** for the parents.