



Easy Hainanese Chicken Rice

with Ginger Dipping Sauce



30-40min



2 Portions

This famous dish of poached chicken, aromatic rice and ginger sauce can be found in Malaysia, Singapore, Indonesia and Thailand, thanks to the Hainan cooks who shared their culinary legacy with these countries. Instead of cooking a whole chicken, we've used fillets, which not only makes this recipe much leaner, but also faster to whip up.

What we send

- kecap manis ⁶
- free-range chicken breast fillet
- rice wine vinegar
- 1 zucchini, 1 garlic clove, ginger, 1 spring onion and 1 bunch choy sum
- white pepper
- sesame oil ¹¹
- chicken stock powder
- jasmine rice

What you'll require

- sea salt flakes
- sugar
- water

Utensils

- medium saucepan
- sieve
- small saucepan

Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Soy (6), Sesame (11). May contain traces of other allergens.

Nutrition per serving

Energy 620.0kcal, Fat 13.2g, Proteins 52.2g, Carbs 68.8g



1. Prepare ingredients

Finely chop the **spring onion**. Finely grate the **garlic** and **ginger**. Trim the **choy sum** and cut into 3cm lengths. Trim the **zucchini** and cut into 1cm chunks. Combine the **stock powder** with the **boiling water** (see staples list) in a heatproof jug.



4. Poach chicken

While rice is cooking, put the **remaining stock** in a small saucepan. Add **one-quarter of the pepper** and enough water to just cover the chicken. Bring to the boil. Add the **chicken**, reduce heat to medium-low and simmer gently for 12-15 mins until chicken is cooked through. Remove and set aside to rest for 5 mins. Keep warm.



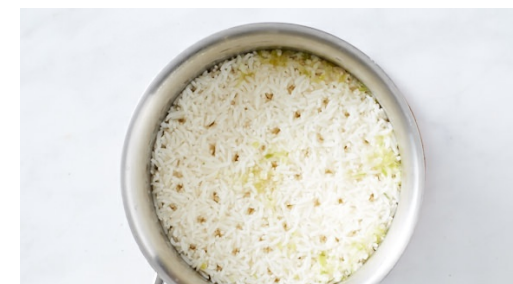
2. Prepare rice

Rinse the **rice** well in a sieve under cold water. Put the rice in a medium saucepan with **half the stock**, **half the sesame oil**, **1/4 tsp salt**, **half the spring onion**, **half the garlic** and **one-third of the ginger**.



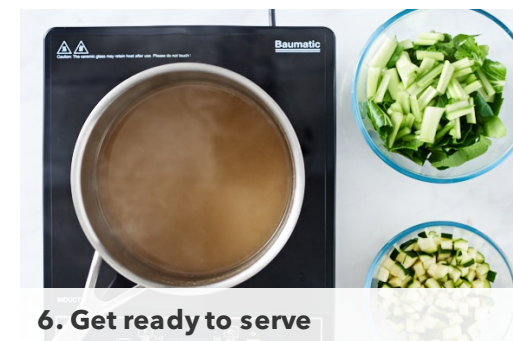
5. Prepare sauce

While chicken is poaching, put the **remaining sesame oil**, **one-quarter of the pepper** (keep remainder for another use), **half the vinegar** (keep remainder for another use), **remaining spring onion**, **garlic**, **ginger**, **1/4 tsp salt**, the **sugar** and **2 tsp water** in a bowl. Stir well to combine.



3. Cook rice

Cover pan with a lid, bring to a simmer over medium heat, then reduce heat to low. Cook for 10-12 mins or until rice is tender and the liquid has absorbed. Turn off the heat and stand, covered, for at least 5 mins.



6. Get ready to serve

Return poaching liquid to the boil. Add **choy sum** and **zucchini**, and cook for 1-2 mins until tender. Thinly slice the chicken. Divide rice and chicken among bowls. Drizzle over a little **kecap manis** and serve with the vegetable broth, ginger sauce and extra kecap manis on the side.