



## Easy Hainanese Chicken Rice

with Ginger Dipping Sauce



30-40min



4 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

- free-range chicken breast fillets
- kecap manis <sup>6</sup>
- 2 zucchini, 2 garlic cloves, ginger, 2 spring onions and 2 bunches choy sum
- rice wine vinegar
- white pepper
- jasmine rice
- chicken stock powder
- sesame oil <sup>11</sup>

## What you'll require

- sea salt flakes
- sugar
- water

## Utensils

- large saucepan
- medium saucepan
- sieve

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 570.0kcal, Fat 8.0g, Proteins 51.1g, Carbs 69.6g



### 1. Prepare ingredients

Finely chop the **spring onions**. 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 medium saucepan. Add **half 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.



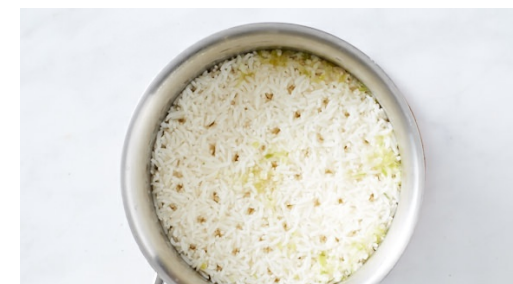
### 2. Prepare rice

Rinse the **rice** well in a sieve under cold water. Put the rice in a large saucepan with **450ml stock, half the sesame oil, ½ 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, half of the pepper, vinegar, remaining spring onion, garlic, ginger, ½ 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 **remaining 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.