

MARLEY SPOON



Ginger Chicken Stir-Fry

with Vegetables and Rice



20-30min



2 Portions

If you're after an easy chicken stir-fry for a busy weeknight, look no further than this classic dish. Chinese broccoli, best known for its role as a yum cha favourite, is stir-fried with onion and capsicum. Soy sauce, with a splash of mirin for sweetness, bring together all the other fragrant flavours of fresh ginger, a touch of honey, coriander and jasmine rice.

What we send

- 1
- 17

What you'll require

- Australian honey
- soy sauce ⁶
- water

Utensils

- fine grater
- small saucepan with lid
- deep frypan or wok

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Gluten (1), Soy (6), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 665kcal, Fat 22.2g, Carbs 71.3g, Proteins 39.8g



1. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins.



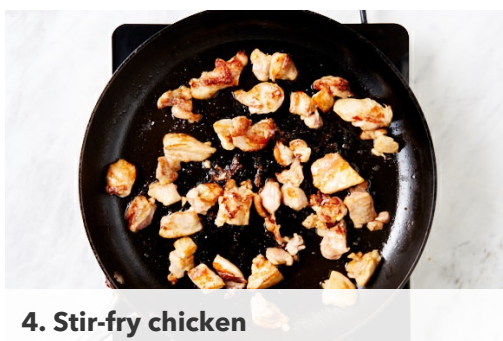
2. Prepare ingredients

Thinly slice the **garlic**. Peel and finely grate the **ginger**. Finely chop the **mint**, discarding the stems (see cooking tip). Thinly slice the **onion**. Cut the **capsicum** into 2cm chunks, discarding the seeds and membrane. Trim the **Chinese broccoli**, then cut the stalks into 3cm lengths, halving any thick ones lengthwise. Coarsely chop the leaves.



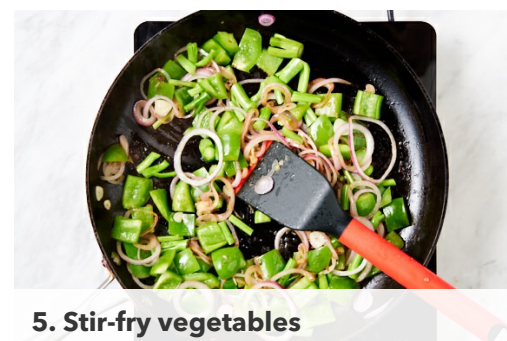
3. Marinate chicken

Combine **1 tbs soy sauce**, **2 tsp mirin** (see cooking tip), **1 tsp honey** and **1 tbs water** in a small bowl. Set aside. Trim any excess fat from the **chicken**, then cut into 2cm chunks. Combine **2 tsp soy sauce** and **2 tsp cornflour** (see cooking tip) in a large bowl and stir until smooth. Add the chicken and stir to coat.



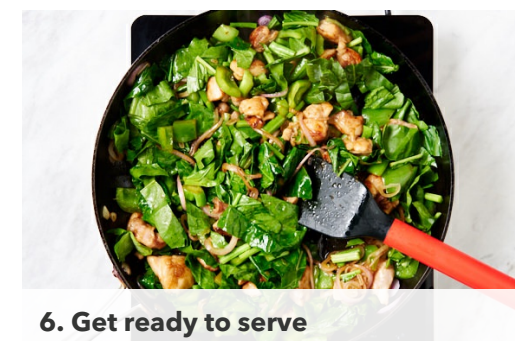
4. Stir-fry chicken

Meanwhile, heat **2 tsp oil** in a large deep frypan over high heat. Stir-fry the **chicken** for 3 mins or until browned and nearly cooked through. Remove from the pan.



5. Stir-fry vegetables

Heat **1 tbs oil** in the pan over high heat. Stir-fry the **garlic**, **ginger**, **onion**, **capsicum** and **Chinese broccoli stalks** for 3 mins or until starting to soften.



6. Get ready to serve

Add the **chicken** and **sauce** to the pan and bring to a simmer. Cook over medium-high heat for 2 mins or until the sauce is reduced and the chicken is cooked through. Divide the **rice** and **stir-fry** among bowls. Scatter over the **mint** to serve.