



Ginger Chicken Stir-Fry

with Vegetables and Rice



20-30min



4 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

- 17
- 1

What you'll require

- Australian honey
- soy sauce ⁶
- water

Utensils

- fine grater
- medium saucepan with lid

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

Cooking tip

Due to extreme weather conditions across different growing regions we were unable to send coriander, as pictured. But don't worry the dish will be just as delicious with mint!

Allergens

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

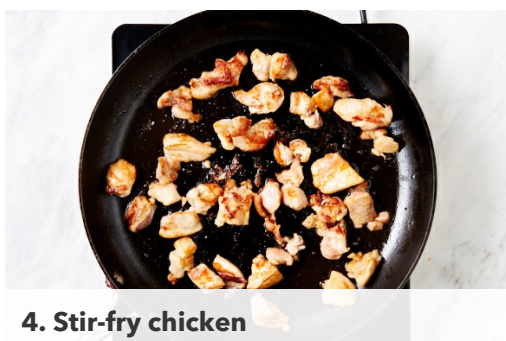
Nutrition per serving

Energy 665kcal, Fat 22.2g, Carbs 71.4g, Proteins 39.8g



1. Cook rice

Rinse the **rice** until the water runs clear. Put in a medium saucepan with **450ml 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.



4. Stir-fry chicken

Meanwhile, heat **1 tbs oil** in a large deep frypan or wok over high heat. Stir-fry the **chicken** for 3 mins or until browned and nearly cooked through. Remove from the pan.



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 **capsicums** into 2cm chunks, discarding the seeds and membranes. Trim the **Chinese broccoli**, then cut the stalks into 3cm lengths, halving any thick ones lengthwise. Coarsely chop the leaves.



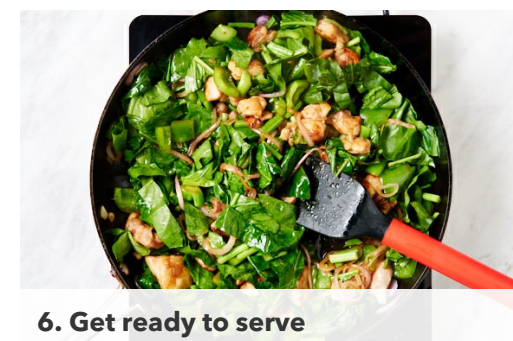
5. Stir-fry vegetables

Heat **2 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.



3. Marinate chicken

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



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.