



Lemongrass Chicken and Veg

with sprinkled scallion and jasmine rice

Family Quick Cook 20-25 mins

19



Diced Chicken Breast



Sesame Oil



Jasmine Rice



Garlic, Ginger & Lemongrass Paste



Apple Cider Vinegar



Miso Paste



Scallion



Mushrooms



Onion



Carrot



Sweet Asian Sauce

Pantry Items: Water, Salt, Pepper, Oil



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Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Pan with lid, pot with lid

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Sesame Oil	20 ml	40 ml
Jasmine Rice	150 g	300 g
Garlic, Ginger & Lemongrass Paste	1 sachet	2 sachets
Apple Cider Vinegar	1 sachet	2 sachets
Miso Paste	1 sachet	2 sachets
Scallion	2 units	4 units
Mushrooms	150 g	250 g
Onion	1 unit	2 units
Carrot	1 unit	2 units
Sweet Asian Sauce	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	597.5 g	100 g
Energy (kJ/kcal)	3267.7 kJ/ 781 kcal	546.9 kJ/ 130.7 kcal
Fat (g)	18.1 g	3 g
Sat. Fat (g)	3.3 g	0.6 g
Carbohydrate (g)	110.9 g	18.6 g
Sugars (g)	30.2 g	5.1 g
Protein (g)	46.2 g	7.7 g
Salt (g)	11.5 g	1.9 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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Make the Rice

- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium, cover with the lid and cook for 12 mins.
- Remove the pot from the heat.
- Keep covered for another 12 mins or until ready to serve (the **rice** will continue to cook in its own steam).



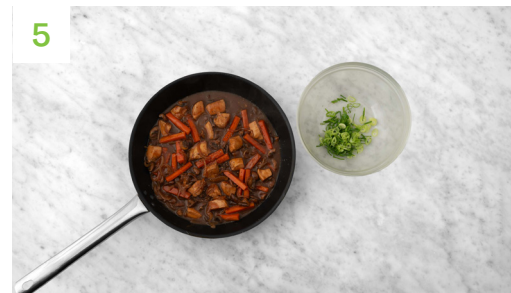
Simmer the Sauce

- Stir in the **lemongrass paste** and fry until fragrant, 1 min.
- Add 75ml **water** (double for 4p), cover and simmer until the **chicken** is cooked through, 8-10 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Stir through the **apple cider vinegar, miso paste, and Asian sauce**.



Get Prepped

- Meanwhile, halve, peel and thinly slice the **onion**.
- Roughly chop the **mushrooms**.
- Trim the **carrot**, then halve lengthways (no need to peel). Chop into 1cm wide, 5cm long batons.



Finishing Touches

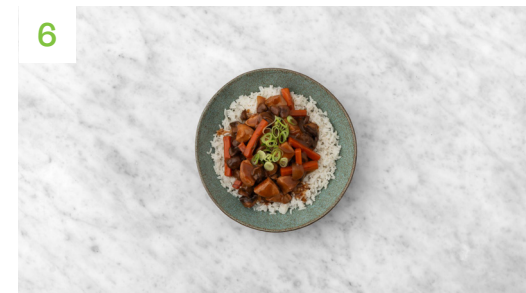
- Trim and thinly slice the **scallion**.
- Fluff up the **rice** with a fork.
- Taste the dish and season with **salt and pepper**.
- Add a splash of **water** if you feel it's too dry.



Time to Fry

- Place a pan over medium-high heat with the **sesame oil**.
- Once hot, fry the **chicken** and **onion** until **chicken** is browned, stirring occasionally, 6-8 mins. **IMPORTANT:** Wash hands after handling raw chicken and its packaging.
- Season with **salt and pepper**.
- Add the **carrots** and **mushrooms**. Cook until starting to char, 2-3 mins.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh. It will still taste delicious once cooked!



Dish Up

- Divide the fragrant **rice** between bowls.
- Top with the **chicken** and veg.
- Garnish with sliced **scallion**.

Enjoy!