



Fragrant Asian Chicken with roast broccoli and rice

Calorie Smart 20-25 mins

20



Chicken Breast



Onion



Broccoli



Hoisin Sauce



Sesame Seeds



Sweet Chilli Sauce



Garlic, Ginger
& Lemongrass Paste



Jasmine Rice

Pantry Items: Oil, Water, Salt, Pepper, Butter



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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

Baking sheet with baking paper, pot with lid

Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Onion	1 unit	2 units
Broccoli	1 unit	1 unit
Hoisin Sauce	2 sachets	4 sachets
Sesame Seeds	1 sachet	2 sachets
Sweet Chilli Sauce	2 sachets	4 sachets
Garlic, Ginger & Lemongrass Paste	1 sachet	2 sachets
Jasmine Rice	150 g	300 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	512.5 g	100 g
Energy (kJ/kcal)	2815.8 kJ/ 673 kcal	549.4 kJ/ 131.3 kcal
Fat (g)	11.7 g	2.3 g
Sat. Fat (g)	2.2 g	0.4 g
Carbohydrate (g)	97.1 g	18.9 g
Sugars (g)	18.8 g	3.7 g
Protein (g)	49.3 g	9.6 g
Salt (g)	4.7 g	0.9 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

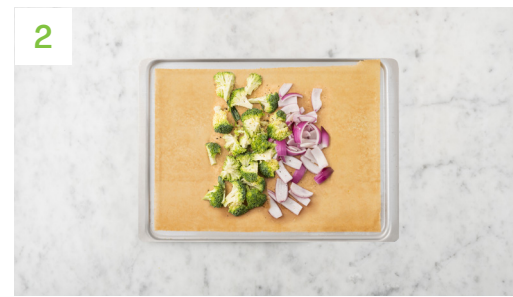
- Preheat oven to 220°C/200°C fan/gas mark 7.
- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium, cover with the lid and cook for 12 mins. Remove the pot from the heat.
- Keep covered for another 12 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Prep the Chicken

- Lay the **chicken** out on a board and place your hand flat on top. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.
- Slice through horizontally to make two thin **steaks**.
- Repeat with the other **breast(s)**.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh.



Roast Until Golden

- Meanwhile, halve, peel and chop the **onion** into eight wedges.
- Trim the tip of the **broccoli**. Cut head into small florets and stem into 2cm pieces.
- Pop the **broccoli** and **onion** onto a lined baking tray.
- Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until the edges are crispy and slightly charred, 10-15 mins.



Cook the Chicken

- Return the pan to medium-high heat with a drizzle of **oil**.
- When hot, add the **chicken**. Season with **salt** and **pepper**. Cook through, 3-6 mins each side. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Add **hoisin**, **lemongrass paste** and 75ml **water** (double for 4p).
- Lower heat and simmer until slightly thickened, 2-3 mins.
- Add a knob of **butter**. Use a spoon to baste the **chicken** in the sauce.

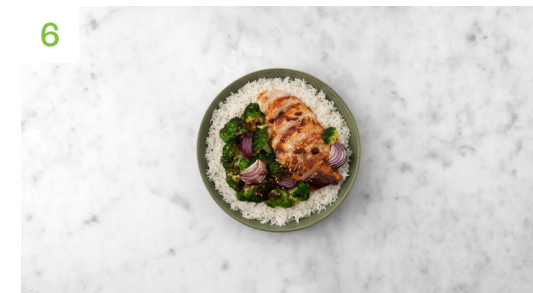
TIP: Loosen with a splash of water if needed!



Toast the Seeds

- Place a large pan over medium heat (no oil).
- Once hot, add the **sesame seeds** and dry-fry, stirring regularly, until lightly toasted, 2-3 mins.
- Once toasted, transfer to a small bowl and set aside.

TIP: Watch them like a hawk as they can burn easily.



Finish and Serve

- When everything is ready, fluff up the **rice** with a fork and divide between plates.
- Top with the roast veg, glazed **chicken** and buttery **hoisin sauce**.
- Drizzle with **sweet chilli sauce**.
- Scatter over the toasted **sesame seeds** to finish.

Enjoy!