



HelloFresh.com.au

hello@hellofresh.com.au | (02) 8188 8722

WK29
2016



Oyster Chicken with Sesame & Ginger Greens

Three classic Chinese flavours form the basis of this simple supper that doesn't skimp on flavour. Tasty slices of chicken in oyster sauce would be the highlight of this dish. But there's also just cooked tender broccoli and peas in feisty ginger and nutty sesame on your plate. You'll have to be the judge of what tastes best!



Prep: 10 mins

Cook: 30 mins

Total: 40 mins



level 1



contains
crustacea



eat me
early

Pantry Items



Water



Sesame Oil



Soy Sauce



Warm Water



Vegetable
Oil



Brown Rice



Chicken Breast



Oyster Sauce



Ginger



Birdseye Chilli



Broccoli



Snow Peas



Lemon



Sesame Seeds

JOIN OUR PHOTO CONTEST



#HelloFreshAU

2P	4P	Ingredients
¾ cup	1 ½ cups	brown rice, rinsed well
3 cups	6 cups	water *
2 fillets	4 fillets	chicken breast
2 tbs	4 tbs	oyster sauce
2 tsp	1 tbs	sesame oil *
1 knob	2 knobs	ginger, peeled & finely grated
1	2	birdseye chilli, deseeded & finely sliced
1 head	2 heads	broccoli, cut into small florets
100 g	200 g	snow peas, trimmed
1 tbs	2 tbs	salt-reduced soy sauce *
1 tbs	2 tbs	warm water *
½	1	lemon
2 tsp	1 tbs	sesame seeds
2 tsp	1 tbs	vegetable oil *

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2930	Kj
Protein	53.2	g
Fat, total	21.1	g
-saturated	4.2	g
Carbohydrate	64.8	g
-sugars	8.3	g
Sodium	1560	mg

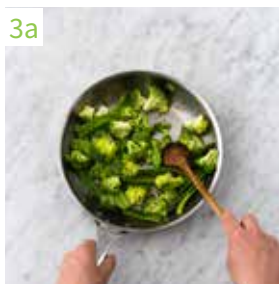
2



You will need: sieve, chef's knife, chopping board, vegetable peeler, fine grater, medium saucepan, plate, medium frying pan, medium bowl, aluminum foil and paper towel.

1 Place the **brown rice** and **water** in a medium saucepan and bring to the boil. Cover with a lid and reduce the heat to medium. Simmer, covered, for **25-30 minutes** or until rice is soft.

3a



2 Meanwhile, coat the **chicken breast** in the **oyster sauce** and set aside on a plate.

3b



3 Heat the **sesame oil** in a medium frying pan over a medium-high heat. Add the **ginger** and half of the **birdseye chilli** and cook, stirring, for **1 minute** or until fragrant. Add the **broccoli**, **snow peas**, **salt-reduced soy sauce** and the **warm water** and cook, stirring, for **2-3 minutes** or until the vegetables are just tender. Add the **lemon juice** and the **sesame seeds** and then remove from the heat. Transfer the vegetables to a medium bowl and cover with foil to keep warm. Set aside. Wipe the pan clean with a paper towel.

4



4 Heat the **vegetable oil** in the same frying pan over a medium high heat. Add the marinated chicken breast and cook for **3-4 minutes** on each side or until cooked through. Slice the chicken breast into 1 cm thick slices.

5 To serve, divide brown rice, vegetables and oyster chicken between plates. Garnish with the remaining birdseye chilli.

Did you know? It is claimed that Lee Kam Sheung accidentally invented oyster sauce when he left a pot of oyster soup cooking for too long.