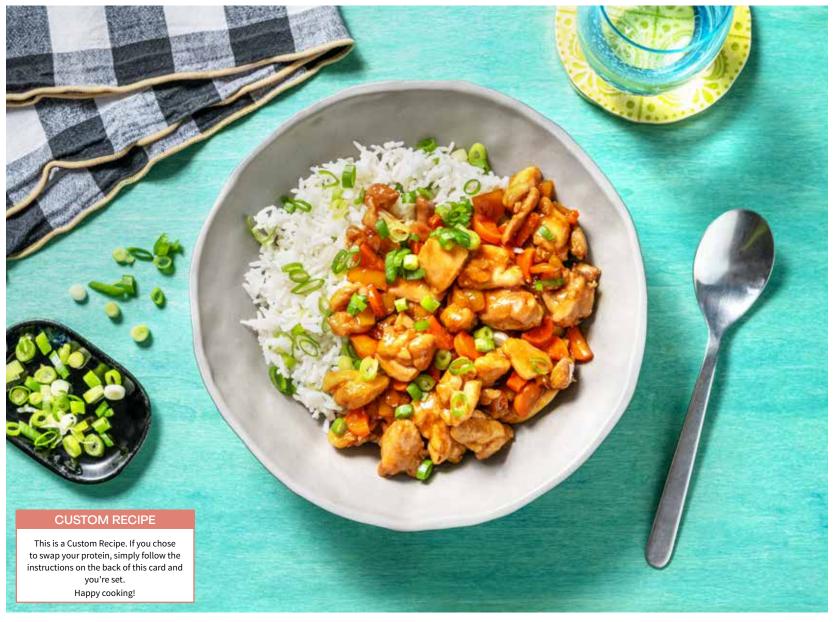


Maple-Ginger Chicken Stir-Fry

with Garlic Rice

35 Minutes





Chicken Thighs











Sweet Bell Pepper











Cornstarch



Soy Sauce

Green Onion

Vegetarian Oyster

HELLO GINGER

Start here

Before starting, wash and dry all produce.

Measurements within steps

2 person

1 tbsp (2 tbsp)



Bust out

2 Medium bowls, vegetable peeler, measuring spoons, medium pot, measuring cups, large non-stick pan, paper towels

Ingredients

3. 3. 3. 3. 3. 3. 3. 3. 3. 3. 3. 3. 3. 3		
	2 Person	4 Person
Chicken Thighs	280 g	560 g
Chicken Breasts	2	4
Basmati Rice	¾ cup	1 ½ cups
Carrot	170 g	340 g
Sweet Bell Pepper	160 g	320 g
Green Onion	1	2
Ginger	15 g	30 g
Vegetarian Oyster Sauce	4 tbsp	8 tbsp
Maple Syrup	2 tbsp	4 tbsp
Soy Sauce	1 tbsp	2 tbsp
Cornstarch	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Oil*		
Pepper*		

- * Pantry items
- ** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.
- Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Cook rice

- Add 1 ¼ cups (2 ½) water and half the garlic salt to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add rice, then reduce heat to low. Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



Make sauce

 Meanwhile, add remaining cornstarch, maple syrup, soy sauce, vegetarian oyster sauce, remaining garlic salt and ½ cup (1 cup) water to another medium bowl. Season with **pepper**, then stir to combine.



Prep

- Meanwhile, peel, then halve carrot lengthwise, then cut into 1/4-inch half-moons.
- Core, then cut **pepper** into ½-inch pieces.
- Peel, then mince or grate **1 tbsp** (2 tbsp) ginger.
- Thinly slice green onions.
- Pat **chicken** dry with paper towels, then cut into 1-inch pieces on a separate cutting board.
- Add chicken and half the cornstarch to a medium bowl. Toss to coat.

If you've opted to get **chicken breasts**, prepare and cook them in the same way the recipe instructs you to prepare and cook the chicken thighs.



Cook veggies

- · Heat a large non-stick pan over mediumhigh heat.
- When hot, add ½ tbsp (1 tbsp) oil, then **peppers** and **carrots**. Cook, stirring occasionally, until veggies begin to soften, 2-3 min.
- Add ginger. Cook, stirring often, until fragrant, 1 min.
- Transfer veggies to a plate, then cover to keep warm.



Make chicken-stir fry

- Reheat the same pan over medium-high.
- When hot, add 1 tbsp (2 tbsp) oil, then **chicken**. (NOTE: Don't overcrowd the pan; cook chicken in 2 batches for 4 ppl.) Cook until golden-brown, 2-3 min per side.
- Add veggies and sauce to the pan. Bring sauce to a boil.
- · Once boiling, reduce heat to mediumlow. Cook, stirring occasionally, until sauce thickens slightly and chicken is cooked through, 6-8 min.**



Finish and serve

- Fluff rice with a fork. Stir in half the green onions.
- Divide **rice** between plates, then top with chicken stir-fry.
- Sprinkle **remaining green onions** over top.

Dinner Solved!