



Maple-Ginger Chicken Stir-Fry

with Buttered Rice

30 Minutes



Chicken Thighs



Chicken Breasts



Basmati Rice



Carrot



Sweet Bell Pepper



Vegetarian Oyster Sauce



Maple Syrup



Ginger-Garlic Puree

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO VEGETARIAN OYSTER SAUCE
A savoury sauce that adds oomph to any stir-fry!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

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

Ingredients

	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
Vegetarian Oyster Sauce	4 tbsp	8 tbsp
Maple Syrup	2 tbsp	4 tbsp
Ginger-Garlic Puree	2 tbsp	4 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and 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.

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Cook rice

- Add **1 ¼ cups** (2 ½ cups) **water**, **1 tbsp** (2 tbsp) **butter** and **¼ tsp** (½ tsp) **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.



Prep chicken

- Pat **chicken** dry with paper towels, then cut into 1-inch pieces on a separate cutting board. Season with **salt** and **pepper**.

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



Prep and make sauce

- Meanwhile, peel, then halve **carrot** lengthwise, then cut into ¼-inch half-moons.
- Core, then cut **pepper** into ½-inch pieces.
- Add **maple syrup**, **vegetarian oyster sauce**, **half of the ginger-garlic puree** and **½ cup** (1 cup) **water** to a medium bowl. Season with **pepper**, then stir to combine.



Make chicken stir-fry

- Reheat the same pan (from step 3) 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 medium-low. Cook, stirring occasionally, until **sauce** thickens slightly and **chicken** is cooked through, 6-8 min.** Season with **salt** and **pepper**, to taste.



Cook veggies

- Heat a large non-stick pan over medium-high 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 **remaining ginger-garlic puree**. Cook, stirring often, until fragrant, 1 min.
- Transfer **veggies** to a plate, then cover to keep warm.



Finish and serve

- Fluff **rice** with a fork.
- Divide **rice** between plates, then top with **chicken stir-fry**.

Dinner Solved!