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Chinese Five Spice Chicken with Broccoli

From the land that gave us dragons and fireworks, there is no greater spectacle than Chinese Five Spice. You'll want to slurp up every last drop of this sauce as well, so take it from us and pour it over the rice to ensure none of it's left behind on the plate.

Prep: 15 mins
Cook: 15 mins
Total: 30 mins

level 1

spicy

eat me early

Pantry Items

- Water
- Sesame Oil
- Soy Sauce
- Brown Sugar
- Hot Water
- Vegetable Oil

- Jasmine Rice
- Broccoli
- Green Beans
- Ginger
- Garlic
- Chinese Five Spice
- Spring Onions
- Chicken Thighs
- Long Red Chilli

QTY

Ingredients

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2600	Kj
Protein	46.2	g
Fat, total	17.4	g
-saturated	4.5	g
Carbohydrate	65.6	g
-sugars	5.5	g
Sodium	573	mg

2 packets	Jasmine rice, rinsed well
6 cups	water *
1 head	broccoli, chopped into small florets
200 g	green beans, trimmed
2 tsp	sesame oil *
¼ cup	salt-reduced soy sauce *
1 tbs	brown sugar *
1 knob	ginger, peeled & finely grated
2 cloves	garlic, peeled & finely grated ⊕
½ sachet	Chinese five spice (recommended amount)
1 bunch	spring onions, finely sliced
¼ cup	hot water *
1 packet	chicken thighs, chopped into 3 cm pieces
2 tsp	vegetable oil *
1	long red chilli, deseeded & finely sliced (optional)

2a



You will need: chef's knife, chopping board, sieve, fine grater, medium saucepan with a lid, tongs, medium bowl, fork, large mixing bowl and large frying pan.

2b



1 Place the **Jasmine rice** and the water in a medium saucepan and bring to the boil over a high heat. Cover with a lid and reduce the heat to medium. Simmer, covered, for **8 minutes**. Add the **broccoli** and **green beans** and cook for an extra **3-4 minutes** or until the rice and vegetables are tender. Remove the vegetables with tongs and set aside. Drain the Jasmine rice and place it back in the saucepan.

2c



2 Meanwhile, in a medium bowl combine the **sesame oil**, **salt-reduced soy sauce**, **brown sugar**, **ginger**, **garlic**, **Chinese five spice**, **spring onion** and **hot water**, and whisk with a fork. Place the **chicken** in a separate large mixing bowl. Pour half of the sauce over the chicken and toss to coat. Set aside the remaining sauce to use later. Heat a large frying pan with the **vegetable oil** over a medium-high heat. Cook the chicken for **5-6 minutes**, or until cooked through. Remove the chicken from the pan. Add the reserved sauce to the pan. Cook for **1 minute**, or until heated through. Remove the pan from the heat.

2d



3 To serve, divide the rice and broccoli between bowls and top with the Chinese five spice chicken. Drizzle over the remaining sauce from the pan and garnish with the **long red chilli**. Enjoy!

Did you know? Compared to other veggies, broccoli boasts one of the highest amounts of calcium.