



Maple-Ginger Chicken Stir-Fry

with Garlic Rice

35 Minutes



Chicken Thighs



Chicken Breasts



Basmati Rice



Carrot



Sweet Bell Pepper



Green Onion



Ginger



Vegetarian Oyster Sauce



Maple Syrup



Soy Sauce



Cornstarch



Garlic Salt

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 GINGER

Peel ginger using a spoon's edge - you'll be able to maneuver around the knobby bits more easily!

Start here

Before starting, wash and dry all produce.

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

Bust out

2 Medium bowls, 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
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 ¼-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**.



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 medium-low. Cook, stirring occasionally, until **sauce** thickens slightly and **chicken** is cooked through, 6-8 min. **



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

Dinner Solved!