



# Vietnamese-Style Caramelized Ginger Chicken

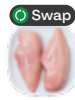












## with Veggies and Shallot Rice

35 Minutes

Customized Protein **+** Add **↻** Swap or **×2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



 Swap	 Swap
Chicken Breasts* 2   4	Tofu 1   2
 Chicken Thighs* 280 g   560 g	 Jasmine Rice ¼ cup   1 ½ cups
 Shanghai Bok Choy 1   2	 Carrot 1   2
 Green Onion 2   4	 Ginger 30 g   60 g
 Vegetarian Oyster Sauce ¼ cup   ½ cup	 Crispy Shallots 28 g   28 g
 Brown Sugar 2 tbsp   4 tbsp	 Cornstarch 1 tbsp   2 tbsp
 Fish Sauce 1 tbsp   2 tbsp	

**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.

**Pantry items** | Salt, unsalted butter, oil, pepper

**Cooking utensils** | Large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, shallow dish, strainer, vegetable peeler

1



### Cook rice

- Add 1 cup (2 cups) warm water and ½ tsp (¼ tsp) salt to a medium pot.
  - Cover and bring to a boil over high heat.
  - Wash and dry all produce.
- Using a strainer, rinse **rice** until water runs clear.
  - Add **rice** to the boiling water, then reduce heat to medium-low. Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min. (**NOTE:** Reduce heat to low if water is boiling over.)
  - Remove from heat. Set aside, still covered.

2



### Prep

- Meanwhile, cut **bok choy** into 1-inch pieces. (**TIP:** Rinse bok choy leaves to wash away any hidden dirt!)
- Peel, then halve **carrot** lengthwise, then cut into ¼-inch half-moons.
- Peel, then mince or grate **ginger**.
- Thinly slice **green onions**, keeping greens and whites separate.

3



### Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **carrots**, ½ **tblsp** (1 **tblsp**) **oil** and 2 **tblsp** (4 **tblsp**) **water**. Season with **salt** and **pepper**.
- Cook, stirring often, until liquid is mostly absorbed and **carrots** start to soften, 3-4 min.
- Reduce heat to medium. Add **bok choy** and 1 **tblsp** (2 **tblsp**) **oyster sauce**. Stir to mix.
- Cook, stirring often, until **veggies** are tender-crisp, 3-4 min. (**TIP:** If the pan dries out too much, add 1-2 **tblsp** water at a time to prevent sticking!)
- Transfer to a plate and cover to keep warm.
- Carefully wipe the pan.

4



### Prep chicken

Swap | **Chicken Breasts**

Swap | **Tofu**

- Pat **chicken** dry with paper towels.
- On a clean cutting board, cut **chicken** into 2-inch pieces.
- Add **chicken** and **cornstarch** to a shallow dish.
- Season with **salt** and **pepper**. Toss to coat.

5



### Cook chicken

Swap | **Tofu**

- Reheat the same pan over medium-high.
- When the pan is hot, add 1 **tblsp** (2 **tblsp**) **oil**, then **chicken**. Cook until golden-brown, 2-3 min per side.
- Reduce heat to medium. Add **brown sugar**, **ginger** and **green onion whites**. Cook, stirring often, until fragrant and **sugar** dissolves, 1 min.
- Add **remaining oyster sauce**, **fish sauce**, 1 **tblsp** (2 **tblsp**) **butter** and ¾ **cup** (1 ½ **cups**) **water**. Cook, stirring occasionally, until **sauce** thickens slightly and **chicken** is cooked through, 3-4 min.\*\*

6



### Finish and serve

- Fluff **rice** with a fork, then stir in **half the crispy shallots**.
- Divide **rice** and **veggies** between plates.
- Top with **chicken** and **any remaining sauce** in the pan.
- Sprinkle **remaining green onions** and **remaining crispy shallots** over top.

Measurements  
within steps

1 **tblsp** (2 **tblsp**) **oil**  
2 person 4 person Ingredient

### 4 | Prep chicken

Swap | **Chicken Breasts**

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

### 4 | Prep tofu

Swap | **Tofu**

If you've opted to get **tofu**, pat **tofu** dry with paper towels. Using a fork, poke **tofu** all over, then cut into 1-inch pieces. Season **tofu** in the same way the recipe instructs you to season the **chicken**.

### 5 | Cook tofu

Swap | **Tofu**

Cook **tofu**, turning occasionally, until crispy and golden all over, 6-7 min. Follow the rest of the recipe as written.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.