



Vietnamese-Style Caramelized Ginger Chicken with Veggies and Shallot Rice

Protein Plus

35 Minutes

Customized Protein

+ Add

Swap


or

x2 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)



| | |
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|  Swap |  Swap |
| Chicken Breasts* 2 4 | Tofu 1 2 |

| | |
|---|---|
|  |  |
| Chicken Thighs* 280 g 560 g | Jasmine Rice ¼ cup 1 ½ cups |

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| Shanghai Bok Choy 1 2 | Carrot 1 2 |

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| Green Onion 2 4 | Ginger 30 g 60 g |

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| Vegetarian Oyster Sauce ¼ cup ½ cup | Crispy Shallots 28 g 28 g |

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| Brown Sugar 2 tbsp 4 tbsp | Cornstarch 9 g 18 g |

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| 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, 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 12-14 min, until **rice** is tender and liquid is absorbed. (**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.
- When the pan is hot, add **carrots**, ½ **tblsp** (1 **tblsp**) **oil** and 2 **tblsp** (4 **tblsp**) **water**. Season with **salt** and **pepper**.
- Cook 3-4 min, stirring often, until liquid is mostly absorbed and **carrots** start to soften.
- Reduce heat to medium. Add **bok choy** and 1 **tblsp** (2 **tblsp**) **oyster sauce**. Stir to mix.
- Cook 3-4 min, stirring often, until **veggies** are tender-crisp. (**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

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

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 |

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

4 | Prep chicken

Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, prep and cook 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** the same way the recipe instructs you to season **chicken**. Cook for 6-7 min, turning occasionally, until crispy and browned all over.

* 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 165°F.