



Crispy Chicken and Miso Shrimp

with Veggie-Tossed Rice

Optional Spice 40 Minutes

Custom Recipe

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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)



Double Shrimp

570 g | 1140 g



- Chicken Breasts ⁺
2 | 4
- Shrimp
285 g | 570 g
- Vegetable Mix
170 g | 340 g
- Cornstarch
2 tbsp | 4 tbsp
- Green Onion
2 | 4
- Basmati Rice
3/4 cup | 1 1/2 cups
- Garlic Puree
1 tbsp | 2 tbsp
- Vegetarian Oyster Sauce
4 tbsp | 8 tbsp
- Crispy Shallots
28 g | 56 g
- Chili-Garlic Sauce [🔥]
1 tbsp | 2 tbsp
- Sweet Chili Sauce [🔥]
4 tbsp | 8 tbsp
- Miso Broth Concentrate
1 | 2

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.

Ingredient quantities	56g	113g
	2 person	4 person

1



Cook rice and prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Add **rice**, **garlic puree**, **¼ tsp** (½ tsp) **salt** and **1 ¼ cups** (2 ½ cups) **water** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.
- Thinly slice **green onions**, keeping **white** and **green parts** separate.
- Cut **any large broccoli florets** into bite-sized pieces.

4



Cook veggies

- Fluff **rice** with a fork.
- Reheat the same pan (from step 2) over medium.
- Add **vegetable mix** and **¼ cup** (½ cup) **water**. Season with **salt** and **pepper**, then increase heat to medium-high. Cook, stirring occasionally, until water evaporates, 4-5 min.
- Meanwhile, add **remaining oyster sauce** and **1 tbsp** (2 tbsp) **water** to **remaining miso mixture**.
- Once water evaporates, add **1 tbsp** (2 tbsp) **oil**, then drizzle **half the miso mixture** over pan. Cook, stirring often, until **sauce** starts to caramelize, 1 min.

2



Fry chicken

- Heat a large non-stick pan over medium-high heat. While the pan heats, pat **chicken** dry with paper towels.
- Cover **each chicken breast** with plastic wrap.
- Using a mallet or heavy-bottomed pot, carefully pound **each chicken breast** until ½-inch thick.
- Season with **salt** and **pepper**, then sprinkle **cornstarch** over **chicken**. Flip to coat.
- Add **2 tbsp oil** (use same for 4 ppl), then **chicken** to the hot pan. Pan-fry until golden-brown, 2-3 min per side.**
- Transfer **chicken** to one side of an unlined baking sheet. Carefully wipe pan clean.

5



Finish rice

- Add **rice** and **green onion whites** to the pan.
- Drizzle **remaining miso mixture** over top, then toss to combine.
- Spread **rice** in an even layer, covering the bottom.
- Without removing the pan, turn the heat off. Let sit, without stirring, until **rice** on the bottom starts to crisp, 3-5 min.
- Add **cooked shrimp**. Toss to combine.

3



Bake shrimp and chicken

*2 Double | Shrimp

- Meanwhile, drain, then pat **shrimp** dry with paper towels.
- Combine **miso broth concentrate** and **1 tbsp** (2 tbsp) **oyster sauce** in a small bowl.
- Add **shrimp**, **1 tbsp** (2 tbsp) **miso mixture** and **1 tbsp** (2 tbsp) **oil** to a medium bowl. Season with **pepper**, then toss to coat.
- Add **shrimp** to the other side of the unlined baking sheet.
- Bake **shrimp** and **chicken** in the **top** of the oven until cooked through, 6-8 min.**

6



Finish and serve

- Thinly slice **chicken**.
- Season **rice** with **salt** and **pepper**, to taste, then toss to combine.
- Divide **shrimp and veggie rice** between plates. Top with **chicken**.
- Drizzle **sweet chili sauce** over top.
- Sprinkle **crispy shallots** and **remaining green onions** over top.
- Drizzle with **chili-garlic sauce**, if desired.

3 | Bake shrimp and chicken

*2 Double | Shrimp

If you've opted for **double shrimp**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **regular portion of shrimp**. Roast on a second baking sheet if necessary.

** Cook chicken and shrimp 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.



Issue with your meal? Scan the QR code to share your feedback.