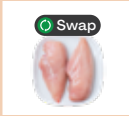




Maple-Ginger Chicken Stir-Fry with Garlic Rice

35 Minutes



Chicken Breasts ⁺
2 | 4

↗ Custom Recipe **+** 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)



- Chicken Thighs ⁺
280 g | 560 g
- Basmati Rice
¾ cup | 1 ½ cups
- Carrot
1 | 2
- Sweet Bell Pepper
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

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.

1



Cook rice

- Before starting, wash and dry all produce.

- Add **1 ¼ cups** (2 ½ cups) **water** and **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.

2



Prep

Swap | Chicken Breasts

- 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**.
- 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.

3



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.

4



Make sauce

- Meanwhile, add **remaining cornstarch**, **maple syrup**, **soy sauce**, **vegetarian oyster sauce** and ½ **cup** (1 cup) **water** to another medium bowl.
- Season with **pepper**, then stir to combine.

5



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 mixture** 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. **

6



Finish and serve

- Fluff **garlic rice** with a fork.
- Divide between plates, then top with **maple-ginger chicken stir-fry**.

2 | Prep chicken breasts

Swap | Chicken Breasts

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

** 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.



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