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hello@hellofresh.com.au | (02) 8188 8722

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## Thunder Chicken with Baby Bok Choy

Packed to the brim with flavour, protein and vital nutrients, this chicken dish is just like a thunderstorm on a plate. Prepare your dinner guest for a wild ride of tasty enjoyment, complete with all the elements! All jokes aside, this chicken marinade is damn tasty. So simple, yet so satisfying.



**Prep:** 10 mins

**Cook:** 15 mins

**Total:** 25 mins



level 1



high protein



eat me early

### Pantry Items



Water



Brown Sugar



Fish Sauce



Vegetable Oil



Jasmine Rice



Ginger



Garlic



Lemon



Chicken Breast



Baby Bok Choy



Carrot

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2P	4P	Ingredients
⅓ cup	1 ⅓ cups	Jasmine rice
3 cups	6 cups	water *
2 tsp	4 tsp	brown sugar *
1 knob	2	ginger, peeled & finely grated
1 clove	2	garlic, peeled & crushed
½	1	lemon, juiced
1 tsp	2 tsp	fish sauce *
1-2 fillets	2-4 fillets	chicken breast, diced
2 tsp	1 tbs	vegetable oil *
2-3	4-6	baby bok choy, halved
1	2	carrot, peeled & cut on the diagonal

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	2410	Kj
Protein	44.9	g
Fat, total	14.2	g
-saturated	3.6	g
Carbohydrate	64.2	g
-sugars	8.8	g
Sodium	318	mg



**You will need:** *chef's knife, chopping board, garlic crusher, fine grater, sieve, medium saucepan, colander, large bowl and a large wok/frying pan.*

**1** Place the **Jasmine rice** into a sieve and rinse it with cold tap water until the water runs clear. Place the rice and the **water** in a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **10-12 minutes** or until the rice is soft. Drain.

**2** Meanwhile, in a large bowl, combine the **brown sugar, ginger, garlic, lemon juice, and fish sauce** and stir well. Add the **chicken breast** and coat well in the marinade.

**3** Heat half the **vegetable oil** in a large wok or frying pan over a medium-high heat. Cook the marinated chicken for **6 minutes** turning occasionally or until it is cooked through. Remove the chicken from the pan and set aside.

**4** Heat the remaining olive oil in the pan, add the **bok choy and carrot** to the pan and stir fry for **1-2 minutes** or until the bok choy wilts and the carrots turn vibrant orange. Return the chicken back to the pan and stir fry until all of the flavours of the chicken coat the vegetables.

**5** To serve, divide rice and the thunder chicken stir fry between plates.

**Did you know?** Bok choy may remind you of celery but it is actually a member of the cabbage family!

