



Product Spotlight: Water Chestnuts

Water chestnuts contain no cholesterol, only a trace of fat, and are high in dietary fibre. With their nutrient-rich profile, they are a great addition to any meal!



F4 Ginger Poached Chicken with Sesame Stir Fry

Free-range chicken breast fillets poached in ginger broth shredded over brown basmati rice with flavourful ginger and spring onion dressing served with sesame stir-fried veggies.

 30 minutes

 4 servings

 Chicken

5 August 2022

Spice it up!

Grab your favourite chilli and load up this dish! Dried chilli flakes, sliced fresh red chilli, ground Szechuan peppercorns, a drizzle of chilli oil, or some chilli sauce would all work well with this dish.

Per serve: **PROTEIN** 53g **TOTAL FAT** 15g **CARBOHYDRATES** 34g

FROM YOUR BOX

BROWN BASMATI RICE	1 packet (300g)
GINGER	1 piece
SPRING ONIONS	1 bunch
CHICKEN BREAST FILLETS	600g
TINNED WATER CHESTNUTS	220g
CELERY STICKS	2
ASIAN GREENS	1 bunch
FRIED SHALLOTS	1 packet (40g)

FROM YOUR PANTRY

sesame oil, salt, pepper, soy sauce (or tamari), sugar of choice (see notes)

KEY UTENSILS

large frypan, 2 saucepans

NOTES

White sugar, raw sugar, light brown sugar or even coconut sugar would work well for this dish.

Reserve some spring onion green tops for garnish.

Add some minced garlic to the stir-fry for extra flavour.



1. COOK THE RICE

Bring a saucepan of water to a boil.

Place rice in a second saucepan, cover with 1.5 x amount of water. Cover with a lid, cook on medium heat for 12-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. POACH THE CHICKEN

Roughly chop 1/2 ginger (including peel, reserve remaining ginger for step 4). Add to saucepan with water along with 2 spring onions, **salt and pepper**. Add chicken and cover. Bring back to boil. Reduce heat and simmer, for 15 minutes.



3. STIR FRY THE VEGETABLES

Heat a large frypan over high heat with **sesame oil**. Drain chestnuts. Thickly slice celery and spring onions (see notes). Add to pan as you go and stir-fry for 2 minutes. Thinly slice Asian greens. Add to pan and cook for a further minute. Season with **soy sauce and pepper**.



4. MAKE THE SAUCE

Grate remaining ginger. Add to a bowl along with **1/4 cup soy sauce**, **2 tbsp sesame oil**, **1 tsp sugar** and **1/2 cup poaching liquid**. Whisk to combine. Season to taste with **pepper**.



5. SHRED THE CHICKEN

Remove chicken from poaching liquid. Use 2 forks to shred chicken.



6. FINISH AND SERVE

Place rice on a serving platter. Top with shredded chicken and pour over sauce. Garnish with reserved spring onion green tops and fried shallots. Serve with stir-fried vegetables.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

