



Product Spotlight: Kai Lan

Kai lan is also known as Chinese broccoli or Chinese kale. It's a leafy green vegetable commonly used in Chinese cuisine. It's usually stir-fried, steamed or blanched.



Hainanese Chicken with Rice

Poached chicken schnitzels sliced and served with fragrant rice in a flavoursome broth alongside garlic stir-fried kai lan and fresh crunchy cucumber.



35 minutes



2 servings



Chicken

Make a stir-fry!

Slice chicken and chop kai lan. Stir-fry together with ginger, garlic and spring onions. Flavour with soy sauce and sweet chilli sauce. Serve over rice or noodles!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	25g	86g

FROM YOUR BOX

CHICKEN STOCK	1 jar
GINGER	1 piece
CHICKEN SCHNITZELS	300g
GARLIC CLOVES	2
SPRING ONIONS	1 bunch
BASMATI RICE	150g
KAI LAN	1 bunch
LEBANESE CUCUMBER	1

FROM YOUR PANTRY

sesame oil (or other), white wine vinegar, sugar, soy sauce, salt

KEY UTENSILS

large frypan, saucepan x 2

NOTES

Serve with some fresh chilli or chilli sauce to taste! You can add fresh veggies such as tomatoes, carrots or capsicum if your family prefers over stir-fried greens.



1. POACH THE CHICKEN

Add **3 cups water**, **1/2 tbsp vinegar**, **1 tsp sugar**, **chicken stock** and half of the **ginger** cut into rounds to a saucepan. Bring to a simmer. Add **chicken**, cover and poach for 8–10 minutes over low heat or until cooked through.



4. REDUCE THE BROTH

Remove chicken to a chopping board, reserving the broth. Simmer over medium heat for 10 minutes (uncovered) or until reduced.



2. PREPARE THE AROMATICS

Grate remaining ginger, crush **1 garlic clove** and slice **spring onions** (reserve some tops for garnish). Add to a heated saucepan with **1 tbsp sesame oil**, **1/2 tsp salt** and cook for 1–2 minutes until fragrant.



5. STIR-FRY THE KAI LAN

Trim and chop **kai lan** (use to taste!). Heat a large frypan or wok with **sesame oil** over medium-high heat. Stir-fry kai lan with **1 tbsp soy sauce** and crush in remaining clove of garlic. Cook until softened to your liking.



3. COOK THE RICE

Add the **rice** to the saucepan, stir to combine then add **300ml water**. Cover and cook rice over medium-low heat until water is absorbed. Take off heat and allow to sit for another 5 minutes.



6. FINISH AND SERVE

Season the broth with **1/2 tbsp soy sauce** or to taste. Slice the **cucumber** and chicken.

Serve chicken with rice, kai lan and fresh cucumber. Spoon over broth to taste.



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