

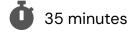




Hainanese Chicken

with Rice

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







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!

PROTEIN TOTAL FAT CARBOHYDRATES

37g

86g

FROM YOUR BOX

CHICKEN STOCK	1 jar
GINGER	1 piece
CHICKEN SCHNITZELS	300g
GARLIC CLOVES	2
SPRING ONIONS	1 bunch
BASMATI RICE	150g
KAILAN	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.



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.



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.



4. REDUCE THE BROTH

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



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.



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.

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



