



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** 30g **TOTAL FAT** 7g **CARBOHYDRATES** 41g

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

You can cook the chicken in a frypan instead of poaching if preferred. Add some stock paste or stock cube to the broth for flavour.

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 (see notes).



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.



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