



### Product Spotlight: Star Anise


With its distinct liquorice-like flavour, star anise is a common ingredient in various Asian dishes, including Chinese braised meats, Vietnamese pho, and Indian curries. It makes a great addition to the spice mix in the braising liquid.




## Beggar's Chicken

### with Green Stir-Fry

Split chicken, braised in an aromatic, spiced soy sauce broth, served with sticky rice, luscious green stir-fry and braising liquid to drizzle over everything on your plate!

 45 minutes

 2 servings

 Chicken

## Spice it up!

*This dish would be fantastic with some spice! Halve red chilli and add to the braise or serve with slices of fresh red chilli, your favourite chilli oil or sauce.*

Per serve: **PROTEIN** 67g **TOTAL FAT** 41g **CARBOHYDRATES** 39g

## FROM YOUR BOX

GINGER	1 piece
GARLIC CLOVES	2
CORIANDER	1 packet
ASIAN SPICE MIX	1 packet
HALF SPLIT CHICKEN	1
SUSHI RICE	150g
SPRING ONIONS	1 bunch
KAI LAN	1 bunch
SLICED MUSHROOMS	1 punnet

## FROM YOUR PANTRY

oil for cooking, pepper, soy sauce (or tamari)

## KEY UTENSILS

large frypan, saucepan, oven dish with lid (see notes)

## NOTES

If you don't have an oven dish with a lid, cover the dish with foil, baking paper or an oven tray.

*Asian spice mix: cinnamon stick, star anise, coconut sugar, Chinese five spice.*



### 1. PREPARE THE BRAISE

Set oven to 220°C.

Peel and grate **ginger**. Crush **1 garlic clove**. Roughly chop **coriander** roots and stems (reserve leaves for garnish). Add to an oven dish along with **spice mix**, **3 tbsp soy sauce**, **1/3 cup water** and **pepper**. Mix to combine.



### 4. PREPARE THE VEGETABLES

Crush remaining garlic. Cut **spring onions** into 3cm pieces (reserve green tops for garnish). Trim and halve **kai lan**.



### 2. ROAST THE CHICKEN

Add **chicken** to oven dish. Spoon braising liquid over chicken. Cover and roast for 35–40 minutes or until cooked through.



### 5. COOK THE STIR-FRY

Heat a large frypan over medium-high heat with **oil**. Add spring onions and **mushrooms**. Cook for 4 minutes. Add garlic and kai lan. Cook for a further 2 minutes. Season to taste with **soy sauce** and **pepper**.



### 3. COOK THE RICE

Rinse **sushi rice**. Place in a saucepan with 1.5 x water. Cover and bring to a boil. Reduce heat immediately to low. Cook, semi-covered, for 20 minutes until rice is tender and water is absorbed.



### 6. FINISH AND SERVE

Serve chicken in broth, rice and stir-fry tableside. Garnish chicken with spring onion green tops and coriander leaves.

**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**

