




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 a beautiful aromatic, spiced soy sauce broth, served with sticky rice, luscious green stir fry and braising liquid to drizzle over everything on your plate!

 60 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	TOTAL FAT	CARBOHYDRATES
	49g	17g	59g

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
BUTTON MUSHROOMS	150g

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.



2. ROAST THE CHICKEN

Add **chicken** to oven dish. Spoon **braising liquid** over **chicken**. Cover and roast for 35–45 minutes or until cooked through.



3. COOK THE RICE

Rinse **sushi rice**. Place in a saucepan with **325ml water**. Cover and bring to a boil. Reduce heat immediately to medium-low. Cook, semi-covered, for 20 minutes until **rice** is tender and water is absorbed.



4. PREPARE THE VEGETABLES

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

Slice **mushrooms**.



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**.



6. FINISH AND SERVE

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

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