

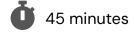




Beggar's Chicken

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!







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

PROTEIN TOTAL FAT CARBOHYDRATES

FROM YOUR BOX

GINGER	2 pieces
GARLIC CLOVES	3
CORIANDER	1 packet
ASIAN SPICE MIX	1 packet
SPLIT CHICKEN	1
SUSHI RICE	300g
SPRING ONIONS	1 bunch
KAILAN	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 2 garlic cloves. Roughly chop coriander roots and stems (reserve leaves for garnish). Add to an oven dish along with spice mix, 1/4 cup soy sauce, 1/2 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 35-40 minutes or until cooked through.



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.



4. PREPARE THE VEGETABLES

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



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 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.

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



