



### 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



4 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:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	65g	33g	41g



## 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
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 **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.



### 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 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.

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