

General Tso Chicken Stir-fry

with Jasmine Rice

hellóchef

This sweet and spicy stir-fry is a staple in many Chinese restaurants in North America.

Cals 700 • Prot 61 • Carbs 111 • Fat 6

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🕒 cook: 30 min

R2631



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Chicken	2 ppl	3 ppl	4 ppl	
Chicken breast	400	500	600	Grams
Corn starch	15	20	30	Grams
Salt	0.5	0.5	1	Tsp
Vegetable oil	1	1	2	Tbsp
Rice				
Jasmine rice	150	225	300	Grams
Water	300	450	600	ML
Salt	0.5	0.5	1	Tsp
Stir-fry				
Broccoli	300	450	600	Grams
Shallots	1	2	2	Piece
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Sauce				
Water	100	150	200	ML
Chicken stock cube 4*, 5*, 9*, 15*	1	1	1	Piece
Ginger garlic paste	20	30	40	Grams
Hoisin sauce 3*, 9*, 10*	40	60	90	Grams
Soy sauce 9*, 10*, 11*	20	30	40	ML
Honey	15	15	30	Grams
Rice vinegar	15	22	30	ML
Chilli flakes	2	2	4	Grams

Allergens

*4 Milk, *5 Eggs, *9 Soya, *15 Celery, *3 Sesame Seeds, *10 Wheat, *11 Gluten

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/koal)	2927 / 700
Fat (g)	5.9
of which saturates (g)	2.3
Carbohydrate (g)	111
of which sugars (g)	19.9
Fiber (g)	8
Protein (g)	60.6
Salt (g)	6.8

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Boil rice

Rinse the **rice**. Add the **rice, measured water** and a pinch of **salt** to a pan with a lid and bring to boil over a high heat. Reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Remove the pan from heat and keep covered until serving.



2 Prep vegetables

Meanwhile, separate the **broccoli** into small florets and chop them into bite-sized pieces. Peel and finely slice the **shallots**.



3 Mix sauce

Boil the **measured water** and dissolve the {0.5/1/1} **chicken stock cube** in it. Add the **ginger garlic paste, hoisin sauce, soy sauce, honey, rice vinegar** and **chilli flakes (spicy!)** to the **chicken stock**. Mix well and set aside.

Tip! Sensitive to spice? Go easy on the chilli flakes.



4 Fry chicken

Chop the **chicken** into bite-sized strips. Add the **corn starch** with a pinch of **salt** to a plate. Turn the **chicken strips** in the **corn starch** until well coated. Heat a large pan over a medium-high heat with a generous drizzle of **oil**. Once hot, add the coated **chicken**. Fry for 5 min or until browned and cooked through. Transfer the **chicken** to a plate. Wipe and reserve the pan.



5 Stir-fry

Return the reserved pan to a medium-high heat with a second drizzle of **oil**. Add the **broccoli** and **shallots** and stir-fry with a pinch of **salt** for 2 min. Add the **sauce** and **chicken** and fry for 3-4 min further or until the **sauce** thickens and generously coats the **vegetables** and **chicken**. Remove from the heat and season with **pepper** to taste.



6 Serve

Divide the **jasmine rice** among bowls and serve the **chicken stir-fry** alongside. Drizzle any leftover **sauce** from the pan over the **chicken**.