

Aromatic Chicken and Lemongrass Stir-fry

with Coconut Broth and Rice

hellóchef

This mild curry is a great way to introduce the little ones to some new flavours!

Cals 838 • Prot 61 • Carbs 98 • Fat 27

hellochef.com • 04-383-93-99 • hello@hellochef.com



🕒 cook: 30 min

R3109

Before you start

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

Ingredients

Stir-fry	2 ppl	3 ppl	4 ppl	
Chicken breast	400	500	600	Grams
Shallots	1	1	2	Piece
Snow peas	100	150	200	Grams
Broccoli	200	300	400	Grams
Lemongrass	1	1	1	Piece
Coconut cream	200	400	400	Grams
Lime	1	2	2	Piece
Lime leaves	3	6	6	Piece
Vegetable oil	1	1	2	Tbsp
Ginger garlic paste	10	15	20	Grams
Fresh coriander	15	15	15	Grams
Chicken stock cube 4*, 5*, 9*, 15*	1	1	1	Piece
Rice				
Jasmine rice	150	225	300	Grams
Salt	0.5	1	1	Tsp
Water	300	450	600	ML

Allergens

*4 Milk, *5 Eggs, *9 Soya, *15 Celery

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/kcal)	3505 / 838
Fat (g)	26.9
of which saturates (g)	22.4
Carbohydrate (g)	98
of which sugars (g)	8
Fiber (g)	10.2
Protein (g)	61.1
Salt (g)	3.4

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



1 Prep

Slice the **chicken breasts**. Peel and slice the **shallots**. Wash, trim and halve the **snow peas**. Chop the **broccoli** into small florets. Finely slice [5/7.5/10] cm of the lemon grass. Keep the rest whole. Thoroughly rinse the **jasmine rice**.



2 Cook rice

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



3 Start stir fry

Meanwhile, heat a pan over a medium heat with a drizzle of **vegetable oil**. Once hot, add the **shallots** with a pinch of **salt** and cook for 3 min. Add the **ginger garlic paste**, sliced lemon grass and cook for 2 min further.



4 Add

Add the **chicken** and **broccoli** florets. Cook for 2 min (the **chicken** doesn't need to be cooked through at this point).



5 Simmer

Add the **coconut cream**, **chicken stock cube**, **lime leaves** and the large piece of lemon grass. Simmer (don't boil) over a low heat for 3-4 min. Add the **snow peas** and cook for 3 min longer.



6 Serve

Serve the **chicken stir-fry** over the **rice**. Finish with a squeeze of **lime** juice and a sprinkling of **fresh coriander leaves**.