

Chicken and Mushroom Cháo Gà Style Congee

with Garlicky Pak Choi and Spring Onion Chilli Oil

A Taste of Vietnam 40-45 Minutes • Medium Spice • 1 of your 5 a day



Jasmine Rice



Chicken Stock Paste



Garlic Clove



Sliced Mushrooms



Ginger Puree



Mushroom Broth Paste



British Chicken Thighs



Pak Choi



Spring Onion



Chilli Flakes



Roasted White Sesame Seeds



British Chicken Breasts

Pantry Items

Oil, Salt, Pepper, Olive Oil

↔ Swap to Chicken Breast

If you chose to swap to chicken breast, then just follow the instructions on the back of this card.

Happy cooking!



Cháo gà is a silky and savoury dish in Vietnam, where cháo 'porridge or congee' and gà means 'chicken'. It's garnished with shredded chicken and vegetables, crispy onions and spiced infused oil. Carefully heat your oil until smoking before pouring it over the chilli flakes and spring onion, setting it aside to infuse for an explosion of flavour.

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Saucepan, lid, garlic press, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Chicken Stock Paste	10g	15g	20g
Garlic Clove**	3	5	6
Sliced Mushrooms**	120g	180g	240g
Ginger Puree	30g	45g	60g
Mushroom Broth Paste	15g	22g	30g
British Chicken Thighs**	3	5	6
Pak Choi**	1	2	2
Spring Onion**	1	2	2
Chilli Flakes	1 pinch	1 pinch	2 pinches
Roasted White Sesame Seeds 3)	5g	7g	10g
British Chicken Breasts**	2	3	4

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Broth*	350ml	525ml	700ml
Olive Oil for the Drizzle*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	731g	100g	741g	100g
Energy (kJ/kcal)	2973 / 711	407 / 97	2506 / 599	338 / 81
Fat (g)	30.2	4.1	14.1	1.9
Sat. Fat (g)	7.4	1.0	2.7	0.4
Carbohydrate (g)	70.4	9.6	69.2	9.3
Sugars (g)	3.5	0.5	3.7	0.5
Protein (g)	42.7	5.8	50.0	6.8
Salt (g)	3.20	0.44	3.22	0.43

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

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Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **chicken stock paste** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Prep your Chilli Oil

Meanwhile, trim the **pak choi**, then thinly slice widthways. Trim and thinly slice the **spring onion**.

Pop the **spring onion** and **chilli flakes** into a small heatproof bowl.

Heat the **olive oil for the drizzle** (see pantry for amount) in a medium frying pan on high heat. Heat until just smoking, 1-2 mins.

Carefully pour the **oil** over the **spring onion** and **chilli flakes** and stir to combine. Set aside to infuse.



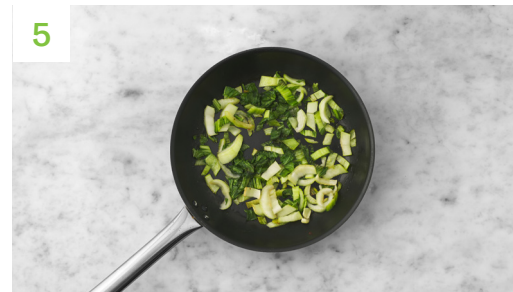
Get Frying

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Heat a drizzle of **oil** in a large saucepan on medium-high heat.

When hot, add the **mushrooms** to the pan. Season with **salt** and **pepper** and fry, stirring occasionally, until browned, 5-6 mins.

Add the **ginger puree** and **half the garlic**. Stir-fry until fragrant, 1 min.



Time for the Veg

When the **chicken** has 5 mins remaining, return the (now empty) frying pan to medium-high heat with a drizzle of **oil**.

Add the **pak choi** and stir-fry until just soft, 3-4 mins. Season with **salt** and **pepper**. Add the remaining **garlic** and cook, 30 secs. Remove from the heat.

Once cooked, remove the **chicken thighs** from the **broth** and transfer to your board. Use two forks to shred the **chicken** as finely as you can. Meanwhile, allow the **broth** to continue to simmer.

Once cooked, fluff up the **rice** with a fork, then add to the **broth** and stir to combine. Simmer, 2-3 mins. Taste and season with **salt** and **pepper** if needed.



Poach the Chicken

Add the **mushroom broth paste** and the **water for the broth** (see pantry for amount) to the pan of **mushrooms**. Stir to combine and bring to the boil.

Once boiling, lower the heat to medium, add the **chicken thighs** and cover with a lid. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.**

Simmer until the **chicken** is cooked, 15-20 mins, stirring halfway. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**

↔ Swap to Chicken Breast

Poach the **chicken breast** for the same amount of time, then shred in the same way.



Serve Up

Share the **mushroom congee** between your bowls. Top with the **shredded chicken** and **pak choi**.

Drizzle over the **spring onion chilli oil** (add less if you'd prefer things milder).

Garnish with the **sesame seeds** to finish.

Enjoy!