



Sichuan Chicken & Veggies

with Garlic Rice & Soy Mayo

KID FRIENDLY

BEST SELLER



Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Chicken Breast



Mayonnaise



Shredded Cabbage Mix



Sichuan Garlic Paste



Crispy Shallots



Beef Strips

Prep in: 20-30 mins
Ready in: 25-35 mins

Eat Me Early

Coat chicken breast chunks in our mild Sichuan garlic paste for an instant upgrade to your weeknight dinner. Serve with our signature buttery garlic rice and top with a quick soy mayo and crispy shallots for a delightful mix of flavours and textures.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Soy Sauce

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
chicken breast	1 small packet	2 small packets OR 1 large packet
mayonnaise	1 medium packet	1 large packet
soy sauce*	1 tsp	2 tsp
shredded cabbage mix	1 medium bag	1 large bag
Sichuan garlic paste	1 packet	2 packets
crispy shallots	1 medium packet	1 large packet
beef strips**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3455kJ (826Cal)	698kJ (167Cal)
Protein (g)	44.4g	9g
Fat, total (g)	36g	7.3g
- saturated (g)	10.4g	2.1g
Carbohydrate (g)	85.7g	17.3g
- sugars (g)	18.2g	3.7g
Sodium (mg)	1007mg	203mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3489kJ (834Cal)	766kJ (183Cal)
Protein (g)	39.1g	8.6g
Fat, total (g)	39.4g	8.7g
- saturated (g)	12.3g	2.7g
Carbohydrate (g)	85.7g	18.8g
- sugars (g)	18.2g	4g
Sodium (mg)	996mg	219mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, melt the **butter** with a dash of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
- Add the **water** and a generous pinch of **salt**, then bring to the boil.
- Add **jasmine rice**. Stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from heat. Keep covered until rice is tender and water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!

3



Cook the veggies & chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **carrot** with a splash of **water**, tossing, until tender, **4-5 minutes**.
- Add **shredded cabbage mix** and cook until wilted, **2 minutes**. Season with **salt** and **pepper**. Transfer to a bowl and cover to keep warm.
- Return frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken**, tossing, until cooked through (when no longer pink inside), **4-5 minutes**. Remove pan from heat, then add **Sichuan garlic paste**, tossing chicken to coat.

Custom Recipe: If you've swapped to beef strips, cook veggies as above. Return pan to high heat with a drizzle of olive oil. When oil is hot, cook beef, in batches, until browned and cooked through. Return all beef to the pan and add Sichuan garlic paste as above.

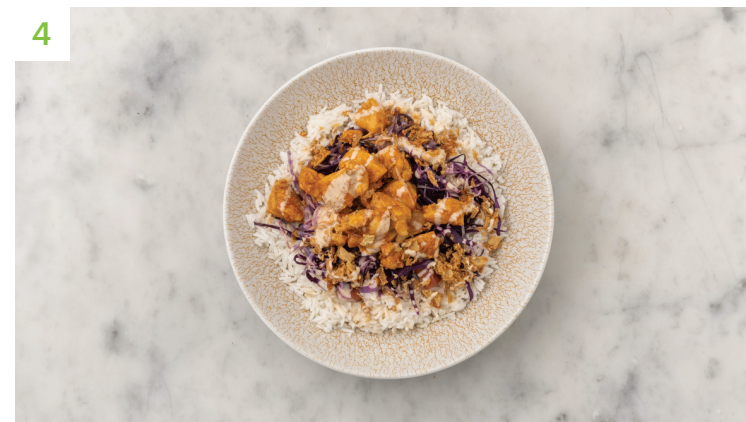
2



Get prepped

- Meanwhile, thinly slice **carrot** into half-moons.
- Cut **chicken breast** into 2cm chunks.
- In a small bowl, combine **mayonnaise** and the **soy sauce**. Set aside.

4



Serve up

- Divide garlic rice between bowls.
- Top with veggies and Sichuan chicken, spooning over any remaining sauce from pan.
- Drizzle with soy mayo. Sprinkle with **crispy shallots** to serve. Enjoy!

Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate