



Sticky Popcorn Chicken & Garlic Rice

with Sesame Veggies

TAKEAWAY FAVES

KID FRIENDLY

BESTSELLER

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Green Beans



Chicken Tenderloins



Cornflour



Oyster Sauce



Sesame Seeds



Coriander



Chicken Tenderloins

Prep in: 20-30 mins
Ready in: 30-40 mins

Calorie Smart

Eat Me Early

Tonight's chicken is really 'popping off' (please forgive the pun). A touch of sweet and a zap of salty and you've got chicken that will be popping with flavour (sorry we couldn't help it). Fragrant garlic rice helps to absorb the sauces and sesame veggies. It's bound to be a pop-ular dish (okay we're done now).

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

Pantry items

Olive Oil, Butter, Soy Sauce, Honey

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	4 cloves	8 cloves
butter*	20g	40g
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
green beans	1 medium bag	2 medium bags
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
cornflour	½ medium packet	1 medium packet
oyster sauce	1 medium packet	1 large packet
soy sauce*	1 tsp	2 tsp
honey*	2 tbs	¼ cup
water* (for the sauce)	1 tbs	2 tbs
sesame seeds	1 medium packet	1 large packet
coriander	1 bag	1 bag
chicken tenderloins**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2566kJ (613Cal)	531kJ (127Cal)
Protein (g)	47.2g	9.8g
Fat, total (g)	6.2g	1.3g
- saturated (g)	1.3g	0.3g
Carbohydrate (g)	88.1g	18.2g
- sugars (g)	13.1g	2.7g
Sodium (mg)	1296mg	268mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2624kJ (637Cal)	543kJ (130Cal)
Protein (g)	43.3g	9g
Fat, total (g)	9.6g	2g
- saturated (g)	2.3g	0.5g
Carbohydrate (g)	88.1g	18.2g
- sugars (g)	13.1g	2.7g
Sodium (mg)	1317mg	272mg

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



Cook the garlic rice

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

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



Cook the chicken

1. Return pan to high heat with a generous drizzle of **olive oil**.
2. When oil is hot, cook **chicken** in batches, tossing, until browned and cooked though (when no longer pink inside), **5-6 minutes**.

Custom Recipe: Follow step as above. Cook chicken in batches for the best results.



Get prepped

1. Meanwhile, thinly slice **carrot** into half-moons.
2. Trim and roughly chop **green beans**.
3. Cut **chicken tenderloins** into 2cm chunks.
4. In a medium bowl, combine **chicken**, **cornflour (see ingredients)** and a generous pinch of **salt** and **pepper**.
5. In a small bowl, combine **oyster sauce**, the **soy sauce**, the **honey** and the **water (for the sauce)**.

Little cooks: Take charge by combining the sauces!

Custom Recipe: If you've doubled your chicken tenderloins, prepare extra chicken as above.



Make it saucy

1. Reduce heat to low, add **sauce mixture** and return **cooked chicken** to the pan, tossing until slightly thickened, **1-2 minutes**.



Cook the veggies

1. In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
2. Cook **carrot** and **green beans**, tossing until tender, **4-6 minutes**.
3. Stir in **sesame seeds** and remaining **garlic** until fragrant, **1 minute**. Season.
4. Transfer to a plate and cover to keep warm.



Serve up

1. Divide garlic rice, sweet and salty popcorn chicken and sesame garlic veggies between bowls.
2. Tear over **coriander** to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the garnish!

Rate your recipe

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