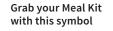


Sticky Popcorn Chicken & Garlic Rice with Sesame Veggies

TAKEAWAY FAVES

KID FRIENDLY

BESTSELLER











Carrot



Green Beans



Chicken Tenderloins





Oyster Sauce



Cornflour



Coriander





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).

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 \cdot Large frying pan

Ingredients

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	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	1/4 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

- Finely chop garlic. In a medium saucepan, heat the butter with a dash of olive oil over medium heat.
- 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.
- Add jasmine rice, stir, cover with a lid and reduce heat to low.
- 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

- Return pan to high heat with a generous drizzle of olive oil.
- 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

- Meanwhile, thinly slice carrot into half-moons.
- · Trim and roughly chop green beans.
- Cut chicken tenderloins into 2cm chunks.
- In a medium bowl, combine chicken, cornflour (see ingredients) and a generous pinch of salt and pepper.
- 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.



Cook the veggies

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



Make it saucy

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



Serve up

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

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



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate

