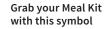


# Peri-Peri Chicken & Veggie Rice

with Olives, Fetta & Hummus

MEDITERRANEAN WINTER











Basmati Rice









Baby Spinach



Kalamata Olives





Chicken Breast



Seasoning

Fetta Cubes





Hummus





Prep in: 25-35 mins Ready in: 30-40 mins



**Calorie Smart** \*Custom Recipe

Smart

only is not Calorie

This Mediterranean number will warm you from the inside out. You've got a veggie-studded and garlicky rice with kalamata olives and spinach stirred through to perfection! Then tender chicken, hummus and fetta cubes to top it all off! **Pantry items** 

# 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

ingi calcino			
2 People	4 People		
refer to method	refer to method		
1 medium bag	1 large bag		
1 packet	2 packets		
1 medium packet	1 large packet		
1½ cups	3 cups		
1 medium sachet	1 large sachet		
1 medium bag	1 large bag		
1 packet	2 packets		
1 small packet	2 small packets OR 1 large packet		
1 medium sachet	2 medium sachets		
1 tsp	2 tsp		
1 medium packet	1 large packet		
1 medium packet	1 large packet		
1 small packet	2 small packets OR 1 large packet		
	refer to method 1 medium bag 1 packet 1 medium packet 1½ cups 1 medium sachet 1 medium bag 1 packet 1 small packet 1 tsp 1 medium packet 1 medium packet 1 tsp 1 medium packet 1 medium packet		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2657kJ (635Cal)	652kJ (156Cal)
Protein (g)	44.5g	10.9g
Fat, total (g)	16.1g	3.9g
- saturated (g)	3.3g	0.8g
Carbohydrate (g)	73.1g	17.9g
- sugars (g)	9g	2.2g
Sodium (mg)	1728mg	424mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	<b>3409kJ</b> (815Cal)	<b>595kJ</b> (142Cal)
Protein (g)	78.4g	13.7g
Fat, total (g)	20.8g	3.6g
- saturated (g)	4.7g	0.8g
Carbohydrate (g)	73.1g	12.8g
- sugars (g)	9g	1.6g
Sodium (mg)	1813mg	317mg

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





## Start the rice

- In a medium saucepan, heat a drizzle of olive oil over medium heat.
- Cook soffritto mix, stirring occasionally, until softened, 4-5 minutes.
- Add garlic paste and cook until fragrant,
   1-2 minutes.



#### Finish the rice

- To the saucepan, add basmati rice, the water and chicken-style stock powder. Stir, then bring to the boil.
- Reduce heat to low and cover with a lid. Cook for 10 minutes, then remove from heat and keep covered until rice is tender and the water is absorbed, 10 minutes.

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



# Get prepped

- Meanwhile, roughly chop baby spinach leaves and kalamata olives.
- Place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks.
- In a medium bowl, combine peri-peri seasoning, a drizzle of olive oil and a pinch of salt. Add chicken steaks, then turn to coat.

**Custom Recipe:** If you've doubled your chicken breast, prepare as above.



# Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook chicken steaks until cooked through,
   3-6 minutes each side (cook in batches if your pan is getting crowded).
- In the **last minute** of cook time, add the **honey** and a splash of **water**, turning chicken to coat.

**TIP:** The chicken is cooked when it is no longer pink inside.

**Custom Recipe:** Cook chicken in batches for best results. Return all chicken to the pan, then add the honey and water as above.



# Bring it all together

 Once rice is cooked, stir through baby spinach leaves and kalamata olives until combined.



# Serve up

- · Slice chicken.
- Divide garlic rice between bowls. Top with peri-peri chicken and **hummus**.
- Crumble over **fetta cubes** to serve. Enjoy!



We need your expertise!

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