



# Peri-Peri Chicken & Veggie Rice

with Olives, Fetta & Hummus

MEDITERRANEAN WINTER

Grab your Meal Kit with this symbol



Soffritto Mix



Garlic Paste



Basmati Rice



Chicken-Style Stock Powder



Baby Spinach Leaves



Kalamata Olives



Chicken Breast



Peri-Peri Seasoning



Hummus



Fetta Cubes



Chicken Breast

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



Calorie Smart

*\*Custom Recipe only is not Calorie Smart*



Eat Me Early

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!

**CUSTOM RECIPE**

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

### Pantry items

Olive Oil, 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
<b>olive oil*</b>	refer to method	refer to method
soffritto mix	1 medium bag	1 large bag
garlic paste	1 packet	2 packets
basmati rice	1 medium packet	1 large packet
<b>water*</b>	1½ cups	3 cups
chicken-style stock powder	1 medium sachet	1 large sachet
baby spinach leaves	1 medium bag	1 large bag
kalamata olives	1 packet	2 packets
chicken breast	1 small packet	2 small packets OR 1 large packet
peri-peri seasoning	1 medium sachet	2 medium sachets
<b>honey*</b>	1 tsp	2 tsp
hummus	1 medium packet	1 large packet
fetta cubes	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

\*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)	3409kJ (815Cal)	595kJ (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](https://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



## 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**.

4



## 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.

2



## 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!

5



## Bring it all together

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

3



## 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.

6



## Serve up

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

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