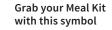


Sticky Sesame Lemon Chicken with Bacon, Egg & Veggie Fried Rice

TAKEAWAY FAVES









Spring Onion







Carrot

Green Beans





Lemon





Diced Bacon





Chicken Thigh

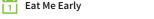


Pantry items

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

From the sweet and savoury coating on the chicken thigh, to the loaded fried rice with an added depth of flavour from the bacon, this dish definitely rivals takeaway.

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



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 · Large frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
basmati rice	1 medium packet	1 large packet	
spring onion	1 stem	2 stems	
carrot	1	2	
green beans	1 small bag	1 medium bag	
garlic	1 clove	2 cloves	
lemon	1/2	1	
egg*	1	2	
diced bacon	1 packet (90g)	1 packet (180g)	
soy sauce* (for the rice)	1 tbs	2 tbs	
honey*	3 tbs	⅓ cup	
soy sauce* (for the sauce)	1 tbs	2 tbs	
sesame seeds	1 medium packet	1 large packet	
chicken thigh	1 small packet	2 small packets OR 1 large packet	
cornflour	1 medium sachet	1 large sachet	
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)	3144kJ (751Cal)	538kJ (129Cal)
Protein (g)	49.5g	8.5g
Fat, total (g)	24.5g	4.2g
- saturated (g)	7g	1.2g
Carbohydrate (g)	80.4g	13.8g
- sugars (g)	26.8g	4.6g
Sodium (mg)	1287mg	220mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3113kJ (744Cal)	572kJ (137Cal)
Protein (g)	48.9g	9g
Fat, total (g)	24g	4.4g
- saturated (g)	7.8g	1.4g
Carbohydrate (g)	80.4g	14.8g
- sugars (g)	26.8g	4.9g
Sodium (mg)	1255mg	231mg

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 rice

- Boil the kettle. Half-fill a medium saucepan with the boiling water.
- Add basmati rice and a pinch of salt and cook, uncovered, over high heat, until tender,
 12 minutes. Drain.



Prep the chicken

- In a small bowl, combine the honey, the soy sauce (for the chicken), sesame seeds and juice from the lemon wedges.
- Cut chicken thigh into 2cm chunks.
- In a medium bowl, combine cornflour and a generous pinch of salt and pepper.
- Add chicken, tossing to coat.

Custom Recipe: If you've upgraded to beef strips, add beef to bowl with seasoned cornflour, as above. Toss to coat.



Scramble the egg

- Meanwhile, thinly slice spring onion.
- Finely chop carrot.
- Trim green beans and roughly chop.
- Finely chop garlic.
- Slice lemon into wedges.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Add spring onion, then crack the egg into the pan and scramble until cooked through, 1 minute. Season with salt and pepper. Transfer to a plate.



Cook the chicken

- Wipe out frying pan and return to high heat with a generous drizzle of olive oil. When oil is hot, dust off any excess flour from chicken.
- Cook chicken in batches, tossing, until browned and cooked through (when no longer pink inside), 5-6 minutes. Transfer to a paper towel-lined plate.
- Return all chicken to pan. Add sauce mixture and cook, tossing, until coated and heated through.

Custom Recipe: Prepare frying pan as above. When oil is hot, dust off any excess flour from beef. Cook beef in batches, tossing, until browned and cooked through, 1-2 minutes. Transfer to a plate. Return all beef to pan, then add sauce mixture, as above.



Cook the fried rice

- Return frying pan to high heat with a drizzle of olive oil. Cook diced bacon, carrot and green beans, breaking up bacon with a spoon, until golden, 5-7 minutes.
- Stir in cooked basmati rice, garlic and the soy sauce (for the rice). Cook until warmed through, 2-3 minutes. Remove from heat.
- Return scrambled egg to pan, tossing to combine. Season with salt and pepper.
- Transfer to a bowl and cover to keep warm.



Serve up

- Divide bacon, egg and veggie fried rice between bowls.
- Top with sticky sesame lemon chicken. Spoon over sauce from pan to serve. Enjoy!



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