



Sticky Sesame Lemon Chicken

with Bacon, Egg & Veggie Fried Rice

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Basmati Rice



Spring Onion



Carrot



Green Beans



Garlic



Lemon



Diced Bacon



Sesame Seeds



Chicken Thigh



Cornflour



Beef Strips

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

Eat Me Early

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.

Pantry items

Olive Oil, Egg, 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 · Large frying pan

Ingredients

	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	½	1
egg*	1	2
diced bacon	1 packet (90g)	1 packet (180g)
soy sauce* (for the rice)	1 tbs	2 tbs
honey*	3 tbs	½ 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!

Rate your recipe

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