



Sticky Sesame Lemon Chicken

with Bacon, Egg & Veggie Fried Rice

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Basmati Rice



Spring Onion



Green Beans



Lemon



Chicken Tenderloins



Sweetcorn



Sesame Seeds



Soy Sauce Mix



Diced Bacon



Garlic Paste



Cornflour



Beef Strips

Prep in: 25-35 mins
Ready in: 25-35 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, Honey, Egg

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
green beans	1 small bag	1 medium bag
lemon	½	1
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
sweetcorn	1 tin (125g)	1 tin (300g)
honey*	3 tbs	½ cup
sesame seeds	1 medium packet	1 large packet
soy sauce mix	1 packet	2 packets
diced bacon	1 packet (90g)	1 packet (180g)
garlic paste	½ packet	1 packet
egg*	1	2
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)	3178kJ (760Cal)	561kJ (134Cal)
Protein (g)	57.1g	10.1g
Fat, total (g)	20.8g	3.7g
- saturated (g)	5.6g	1g
Carbohydrate (g)	81.4g	14.4g
- sugars (g)	25g	4.4g
Sodium (mg)	1231mg	217mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3260kJ (779Cal)	620kJ (148Cal)
Protein (g)	50.2g	9.5g
Fat, total (g)	26.2g	5g
- saturated (g)	8.1g	1.5g
Carbohydrate (g)	81.4g	15.5g
- sugars (g)	25g	4.8g
Sodium (mg)	1231mg	234mg

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



Get prepped

- 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.
- Thinly slice **spring onion**. Trim **green beans** and roughly chop. Slice **lemon** into wedges. Cut **chicken tenderloins** into 2cm chunks.
- Drain **sweetcorn**.
- In a small bowl, combine the **honey**, **sesame seeds**, **juice** from the **lemon** wedges and half the **soy sauce mix**.



Cook the chicken

- In a medium bowl, combine **cornflour** and a generous pinch of **salt** and **pepper**. Add **chicken**, tossing to coat.
- 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), **4-6 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: If you've swapped to beef strips, coat beef strips and heat pan as above. When oil is hot, cook beef strips, in batches (this helps the beef stay tender), tossing, until browned and cooked through, 1-2 minutes. Transfer to a plate.



Cook the fried rice

- Heat a large frying pan over a high heat with a drizzle of **olive oil**. Cook **diced bacon**, **corn** and **green beans**, breaking up bacon with a spoon, until golden, **5-7 minutes**.
- Stir in **cooked rice**, **garlic paste**, **spring onion** and remaining **soy sauce mix**, then crack the **egg** into the pan. Cook, stirring, until warmed through and egg is cooked, **2-4 minutes**.
- 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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