



Whole Chicken & Sticky Plum Sauce

with Stir-Fry Greens & Fried Rice

LUNAR NEW YEAR

Grab your Meal Kit with this symbol



Plum Sauce



Oyster Sauce



Ginger Paste



Whole Chicken



Garlic & Herb Seasoning



Baby Broccoli



Pea Pods



Spring Onion



Japanese Style Dressing



Garlic Paste



Microwavable Basmati Rice



Soy Sauce Mix



Chilli Flakes (Optional)

Prep in: **25-35** mins
Ready in: **75-85** mins

1 Eat Me Early

Bring a little extra red and gold to your Lunar New Year with a delicious meal and sensational dessert. With a few simple steps, you can spend less time planning and more time celebrating the Year of the Dragon with loved ones. We've done the hard work for you, dousing crispy chicken with a sticky plum sauce. This star of the meal has the perfect sweetness-to-sourness ratio!

Pantry items

Olive Oil, Egg

AB



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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
plum sauce	1 medium packet	2 medium packets
oyster sauce	1 medium packet	1 large packet
ginger paste	1 medium packet	1 large packet
whole chicken	1 (1.5kg)	1 (2kg)
garlic & herb seasoning	1 medium sachet	1 large sachet
baby broccoli	1 bunch	2 bunches
pea pods	1 small bag	1 medium bag
spring onion	1 stem	2 stems
Japanese style dressing	1 packet	2 packets
egg*	1	2
garlic paste	1 packet	2 packets
microwavable basmati rice	1 packet	2 packets
soy sauce mix	1 sachet	2 sachets
chilli flakes (optional)	pinch	pinch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4994kJ (1194Cal)	637kJ (152Cal)
Protein (g)	85.8g	10.9g
Fat, total (g)	54g	6.9g
- saturated (g)	14.2g	1.8g
Carbohydrate (g)	89.1g	11.4g
- sugars (g)	13.9g	1.8g
Sodium (mg)	2709mg	345mg

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://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Fancy a drop?

We recommend pairing this meal with Chardonnay or Viognier

We're here to help!

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2024 | CW06



Roast the chicken

- Preheat oven to **240°C/220°C fan-forced**.
- In a small bowl, combine **plum sauce, oyster sauce and ginger paste**.
- Pat **whole chicken** dry with a paper towel. Place **chicken** on a lined oven tray, breast-side up. Sprinkle with **garlic & herb seasoning**. Drizzle with **olive oil**, rubbing the seasoning into the skin.
- Roast until cooked through, **1 hour**.
- In the last **10 minutes** of cook time, pour **sticky plum sauce mixture** over **chicken**, then return to oven to continue roasting. Remove tray from oven. Cover with foil and set aside to rest for **15 minutes**.

TIP: To check the chicken is done, poke a skewer between the leg and the body. The juices that come out should be clear, without any traces of pink.

TIP: The chicken needs resting time for the meat to get nice and juicy.



Scramble the eggs

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- 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.



Get prepped

- Meanwhile, trim and halve **baby broccoli**.
- Trim **pea pods**.
- Thinly slice **spring onion**.



Cook the greens

- When chicken has **10 minutes** of cook time remaining, wipe out pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook **baby broccoli**, tossing, until softened, **3-4 minutes**.
- Add **pea pods** and cook, tossing, until tender, **2-3 minutes**. Transfer to a serving bowl.
- Add **Japanese style dressing** and toss to combine. Cover to keep warm.



Make the fried rice

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **garlic paste** until fragrant, **1 minute**.
- Squeeze **microwavable basmati rice** packet to loosen rice. Add **rice** and **soy sauce mix** to pan and cook, stirring, until warmed through, **2-3 minutes**.
- Remove from heat and return **scrambled egg** to pan, tossing to combine. Season with **salt** and **pepper**.



Serve up

- Carve chicken and pour over any resting juices.
- Bring sticky plum sauce chicken, fried rice and Japanese-style greens to the table.
- Top rice with a pinch of **chilli flakes** (if using) to serve. Enjoy!

Rate your recipe

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Mango Coconut Rice Pudding

with Toasted Coconut & Almond Crumb

LUNAR NEW YEAR

Grab your Meal Kit with this symbol



Coconut Milk



Jasmine Rice



Shredded Coconut



Flaked Almonds



Mango Slices In Juice

Prep in: **15-25 mins**
Ready in: **35-45 mins**

Level up your stock-standard dinner recipe by whipping up this 5-star dessert. Not only is it super simple to make, this mango and coconut rice pudding will become the most loved and talked about dessert (in the best way)!

Pantry items

Brown Sugar

AB



Before you start

Wash your hands and any fresh food.

If you're cooking for 6, double the quantities, divide between 6 bowls and store the rest in the fridge for leftovers

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	4 People
coconut milk	1 packet
water*	$\frac{3}{4}$ cup
brown sugar*	1 tbs
jasmine rice	1 medium packet
shredded coconut	1 medium packet
flaked almonds	1 medium packet
mango slices in juice	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1327kJ (317Cal)	750kJ (179Cal)
Protein (g)	4.9g	2.8g
Fat, total (g)	12.3g	6.9g
- saturated (g)	10.4g	5.9g
Carbohydrate (g)	45.3g	25.6g
- sugars (g)	13.4g	7.6g
Sodium (mg)	16mg	9mg
Dietary Fibre (g)	11g	6.2g

The quantities provided above are averages only.

*Nutritional information is based on 4 servings.

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1



Cook the coconut rice

- In a medium saucepan, add **coconut milk**, the **water**, **brown sugar** and a generous pinch of **salt**. Bring to the boil, stirring, then add **jasmine rice**.
- Stir, cover with a lid and reduce heat to low. Cook for **15 minutes**, then remove pan from heat.
- Keep covered until rice is tender and the water is absorbed, **10-15 minutes**.

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

3



Make the syrup

- Drain liquid from **mango slices in juice** into frying pan.
- Transfer **mango slices** to a board and roughly chop.
- Return pan to high heat and boil **liquid** until slightly thickened, **2-3 minutes**.

2



Make the crumb

- When rice has **10 minutes** remaining, heat a large frying pan over medium-high heat.
- Toast **shredded coconut**, stirring occasionally, until golden, **2-3 minutes**.
- Transfer to a small bowl. Add **flaked almonds** and mix to combine.

4



Serve up

- Divide coconut rice between small bowls.
- Top with mango, a drizzle of mango syrup, toasted coconut and almond crumb. Enjoy!

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