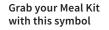


Sticky Popcorn Chicken & Garlic Rice with Sesame Veggies

KID FRIENDLY

CLIMATE SUPERSTAR











Chicken Thigh





Oyster Sauce



Broccoli & Carrot



Sesame Seeds



Coriander





Prep in: 15-25 mins Ready in: 30-40 mins

Eat Me Early



Tonight's chicken is really 'popping off' (please forgive the pun). A touch of sweet and a zap of salty and you've got chicken that will be popping with flavour (sorry we couldn't help it). Fragrant garlic rice helps to absorb the sauces and sesame veggies. It's bound to be a pop-ular dish (okay we're done now).



Pantry items

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

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	2 People	4 People		
olive oil*	refer to method	refer to method		
butter*	20g	40g		
garlic paste	1 packet	2 packets		
water* (for the rice)	1¼ cups	2½ cups		
jasmine rice	1 medium packet	1 large packet		
chicken thigh	1 small packet	2 small packets OR 1 large packet		
cornflour	½ medium sachet	1 medium sachet		
oyster sauce	1 medium packet	1 large packet		
soy sauce*	1 tsp	2 tsp		
honey*	2 tbs	1/4 cup		
water* (for the sauce)	1 tbs	2 tbs		
broccoli & carrot mix	1 medium bag	1 large bag		
sesame seeds	1 medium packet	1 large packet		
coriander	1 bag	1 bag		
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)	2477kJ (592Cal)	668kJ (160Cal)
Protein (g)	46g	12.4g
Fat, total (g)	8.1g	2.2g
- saturated (g)	2.3g	0.6g
Carbohydrate (g)	81.4g	21.9g
- sugars (g)	8.3g	2.2g
Sodium (mg)	1332mg	359mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2508kJ (599Cal)	676kJ (162Cal)
Protein (g)	43.8g	11.8g
Fat, total (g)	9.9g	2.7g
- saturated (g)	2.8g	0.8g
Carbohydrate (g)	81.5g	22g
- sugars (g)	8.3g	2.2g
Sodium (mg)	1344mg	362mg

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!





Cook the garlic rice

- In a medium saucepan, heat the butter with a dash of olive oil over medium heat.
- Cook half the garlic paste until fragrant, 1-2 minutes. Add the water (for the rice) and a generous pinch of salt and bring to the boil.
- Add jasmine rice, stir, cover with a lid and reduce heat to low.
- Cook for 12 minutes, then remove from heat and keep covered until rice is tender and all the water is absorbed, 10-15 minutes.

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



Cook the chicken

- · Return pan to high heat with a generous drizzle of olive oil. When oil is hot, cook **chicken** in batches, tossing, until browned and cooked though (when no longer pink inside), 5-6 minutes.
- Reduce heat to low, then add sauce mixture and return all cooked chicken to the pan, tossing until slightly thickened, 1-2 minutes.

Custom Recipe: Cook chicken in batches for the best results.



Cook the veggies

- Meanshile, cut **chicken thigh** into 2cm chunks. In a medium bowl, combine chicken, cornflour (see ingredients) and a generous pinch of salt and pepper.
- In a small bowl, combine oyster sauce, the soy sauce, honey and water (for the sauce).
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook broccoli & carrot mix, tossing, until tender, 4-6 minutes.
- Stir in sesame seeds and remaining garlic paste until fragrant, 1 minute. Season. Transfer to a plate and cover to keep warm.

Custom Recipe: If you've swapped to chicken breast, cut chicken into 2cm chunks as above.



Serve up

- Divide garlic rice, sticky popcorn chicken and sesame veggies between bowls.
- Tear over **coriander** to serve. Enjoy!

Rate your recipe

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

