



# Sticky Popcorn Chicken & Garlic Rice

with Sesame Veggies

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic Paste



Jasmine Rice



Chicken Thigh



Cornflour



Oyster Sauce



Broccoli & Carrot Mix



Sesame Seeds



Coriander



Chicken Breast

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

Calorie Smart

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).

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

### Pantry items

Olive Oil, Butter, 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 with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>butter*</b>	20g	40g
garlic paste	1 packet	2 packets
<b>water*</b> (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
<b>soy sauce*</b>	1 tsp	2 tsp
<b>honey*</b>	2 tbs	¼ cup
<b>water*</b> (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](https://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



1



## 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!

3



## 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.

2



## Cook the veggies

- Meantime, 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.

4



## Serve up

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

## Rate your recipe

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