



Peri-Peri Pulled Chicken & Fetta Rice Bowl

with Fresh Salsa & Lime

TAKEAWAY FAVES

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Recipe Update
We've replaced the chives in this recipe with spring onion due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Garlic Paste



Basmati Rice



Red Onion



Spring Onion



Lime



Tomato



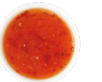
Cucumber



Slow-Cooked Chicken Breast



Peri-Peri Seasoning



Sweet Chilli Sauce



Fetta Cubes



Ranch Dressing



Slow-Cooked Chicken Breast

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

Eat Me Early

Skip the cues at your local takeaway and create your own flavour-packed masterpiece at home! Enjoy veggie-studded, garlicky rice with tender peri-peri chicken, along with ranch dressing and fetta cubes to top it all off.

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

Pantry items

Olive Oil, Butter

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
olive oil*	refer to method	refer to method
butter* (for the rice)	20g	40g
garlic paste	1 medium packet	2 medium packets
basmati rice	1 medium packet	1 large packet
water*	1½ cups	3 cups
red onion	1	2
spring onion	1 stem	2 stems
lime	½	1
tomato	1	2
cucumber	1	2
slow-cooked chicken breast	1 medium packet	2 medium packets OR 1 large packet
peri-peri seasoning	1 medium sachet	2 medium sachets
butter* (for the chicken)	20g	40g
sweet chilli sauce	1 small packet	1 medium packet
fetta cubes	1 medium packet	1 large packet
ranch dressing	1 medium packet	2 medium packets
slow-cooked chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3061kJ (732Cal)	649kJ (155Cal)
Protein (g)	33.4g	7.1g
Fat, total (g)	28.6g	6.1g
- saturated (g)	14.5g	3.1g
Carbohydrate (g)	82.7g	17.5g
- sugars (g)	17.9g	3.8g
Sodium (mg)	1470mg	311mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3602kJ (861Cal)	630kJ (151Cal)
Protein (g)	56.1g	9.8g
Fat, total (g)	31.7g	5.5g
- saturated (g)	15.4g	2.7g
Carbohydrate (g)	85g	14.9g
- sugars (g)	17.9g	3.1g
Sodium (mg)	1769mg	309mg

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



1



Cook the rice

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

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

3



Cook the chicken

- When the rice has **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **onion**, stirring, until tender, **4-5 minutes**.
- Add **chicken**, **peri-peri seasoning** and the **butter (for the chicken)** and cook until fragrant, **1-2 minutes**.
- Remove pan from heat, stir through **sweet chilli sauce**, a squeeze of **lime juice** and a splash of **water**. Season with **salt** and **pepper**.

Custom Recipe: Cook chicken in batches for best results.

2



Get prepped

- Thinly slice **red onion** and **spring onion**. Slice **lime** into wedges.
- Finely chop **tomato** and **cucumber**.
- In a medium bowl, combine **tomato**, **cucumber**, a squeeze of **lime juice** and a drizzle of **olive oil**. Season and set aside.
- Drain **slow-cooked chicken breast**. Transfer to a bowl, then roughly shred.

Custom Recipe: If you've doubled your slow-cooked chicken breast, shred slow-cooked chicken breast as above.

4



Serve up

- Divide rice between bowls.
- Top with peri-peri pulled chicken and fresh salsa.
- Crumble over **fetta cubes** and drizzle with **ranch dressing**.
- Garnish with spring onion to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate