

Cheerful Popcorn Chicken & Garlic Rice with Sesame Veggies

CLIMATE SUPERSTAR

KID FRIENDLY

COSY COMFORTS

Grab your Meal Kit with this symbol







Chicken Breast

Garlic Paste

Cornflou





Oyster Sauce Broccoli & Carrot

Mix



Baby Spinach Leaves

Sesame Seeds



Recipe Update Due to local availability, we've replaced some of your ingredients. They

as delicious!

may be a little different to what's pictured, but just



IF ANYONE KNOWS ABOUT COMFORT FOOD, IT'S GARFIELD! Our favourite feline movie star is drooling over this delicious recipe, so we know you'll love it too. Get cosy, dig in and enjoy.

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

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Calorie Smart

Tuck into the snuggliest and cosiest meals on the market that are sure to flight off the cooler weather. With fluffy rice and popping chicken, you've got plenty of protein to pair perfectly with your rice and veg.

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

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	2 People	4 People
olive oil*	refer to method	refer to method
butter*	20g	40g
garlic paste	1 medium packet	2 medium packets
water* (for the rice)	1 cup	2 cups
jasmine rice	1 medium packet	1 large packet
chicken breast	1 medium packet	2 medium packets OR 1 large packet
cornflour	1/2 medium sachet	1 medium sachet
oyster sauce	1 medium packet	1 large packet
soy sauce*	1 tsp	2 tsp
honey*	2 tbs	¼ cup
water* (for the sauce)	1 tbs	2 tbs
broccoli & carrot mix	1 medium packet	1 large packet
baby spinach leaves	1 medium packet	1 large packet
sesame seeds	1 medium sachet	1 large sachet
coriander	1 packet	1 packet
chicken tenderloins**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2476kJ (592Cal)	667kJ (159Cal)
Protein (g)	46g	12.4g
Fat, total (g)	8.1g	2.2g
- saturated (g)	2.3g	0.6g
Carbohydrate (g)	81.5g	22g
- sugars (g)	8.3g	2.2g
Sodium (mg)	1333mg	359mg
Dietary Fibre (g)	20.5g	5.5g
Custom Recipe		

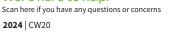
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The quantities provided above are averages only.

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, stirring, 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 **10 minutes**, then remove from heat and keep covered until rice is tender and all the water is absorbed, **10 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

- Meanwhile, cut chicken breast 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 baby spinach leaves, sesame seeds and remaining garlic paste until fragrant and slightly wilted, 1 minute. Season. Transfer to a plate and cover to keep warm.

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



Serve up

- Divide garlic rice, cheerful 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