



# Easy Popcorn Chicken & Garlic Rice with Sesame Veggies

KID FRIENDLY

CLIMATE SUPERSTAR

AIR FRYER FRIENDLY

Grab your meal kit  
with this number

1



White Rice



Garlic Paste



Chicken Breast



Cornflour



Oyster Sauce



Broccoli & Carrot  
Mix



Sesame Seeds



Baby Spinach  
Leaves



Coriander



Chicken  
Tenderloins



Chicken  
Breast

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

Calorie Smart

Eat Me First

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 hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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 · Air fryer

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>butter*</b>	20g	40g
white rice	1 medium packet	1 large packet
garlic paste	1 packet	2 packets
<b>water*</b> (for the rice)	1¼ cups	2½ cups
chicken breast	1 medium packet	2 medium 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 packet	1 large packet
sesame seeds	1 medium sachet	1 large sachet
baby spinach leaves	1 small packet	1 medium packet
coriander	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2483kJ (593Cal)	643kJ (154Cal)
Protein (g)	46.5g	12g
Fat, total (g)	8.1g	2.1g
- saturated (g)	2.3g	0.6g
Carbohydrate (g)	81.5g	21.1g
- sugars (g)	8.3g	2.2g
Sodium (mg)	1346mg	349mg
Dietary Fibre (g)	20.8g	5.4g

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

2024 | CW30



1



## Cook garlic rice

- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Rinse and drain **white rice**.
- 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 **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**.

3



## Cook the chicken

- Set air fryer to **200°C**. Evenly place **chicken chunks** into the foil-lined air fryer basket and cook until golden and cooked through (when no longer pink inside), **8-10 minutes**. Cook in batches if needed.
- When chicken has **5 minutes** remaining, pour over **sauce mixture** and cook, until glaze is sticky.

**TIP:** No air fryer? Return pan to high heat with a drizzle of olive. Cook chicken, tossing, until cooked though (when no longer pink inside), 5-6 minutes. Reduce heat to low, then add sauce mixture tossing until slightly thickened, 1-2 minutes.

### CUSTOM OPTIONS



#### SWAP TO CHICKEN TENDERLOINS

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.



#### DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.

2



## Cook the veggies

- Meanwhile, cut **chicken breast** into 2cm chunks. In a medium bowl, combine **chicken**, **cornflour** (see ingredients) and season.
- 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**, **baby spinach leaves** and remaining **garlic paste** until fragrant, **1 minute**. Season. Transfer to a plate and cover to keep warm.

4



## Serve up

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

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

