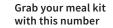


# Sticky Sesame Lemon Chicken with Bacon, Egg & Veggie Fried Rice

TAKEAWAY FAVES











Carrot





**Green Beans** 







Diced Bacon



Lemon



Chicken Thigh











## 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

Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
spring onion	1 stem	2 stems
carrot	1	2
green beans	1 small packet	1 medium packet
garlic	1 clove	2 cloves
lemon	1/2	1
egg*	1	2
diced bacon	1 medium packet	1 large packet
soy sauce* (for the rice)	1 tbs	2 tbs
honey*	3 tbs	⅓ cup
soy sauce* (for the chicken)	1 tbs	2 tbs
sesame seeds	1 medium sachet	1 large sachet
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
cornflour	1 medium sachet	1 large sachet
*Pantry Items		

# Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3464kJ (828Cal)	687kJ (164Cal)
Protein (g)	49.6g	9.8g
Fat, total (g)	26.9g	5.3g
- saturated (g)	7g	1.4g
Carbohydrate (g)	93.7g	18.6g
- sugars (g)	25g	5g
Sodium (mg)	1273mg	253mg
Dietary Fibre (g)	11.9g	2.4g

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



#### Cook the rice

- · Boil the kettle.
- Half-fill a medium saucepan with the boiling water.
- Add basmati rice and a pinch of salt and cook, uncovered, over high heat until tender, 12 minutes. Drain.



# **Get Prepped**

- Meanwhile, thinly slice **spring onion**.
- · Finely chop carrot.
- Trim and roughly chop green beans.
- Finely chop garlic.
- Slice lemon into wedges.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Add spring onion, then crack the egg into the pan and scramble until cooked through, 1 minute.
- · Season with salt and pepper. Transfer to a plate.



## Cook the fried rice

- Return frying pan to high heat with a drizzle of olive oil. Cook diced bacon, carrot and green beans, breaking up bacon with a spoon, until golden, 5-7 minutes.
- Stir in cooked basmati rice, garlic and the soy sauce (for the rice). Cook until warmed through, 2-3 minutes. Remove from heat.
- Return scrambled egg to pan, tossing to combine. Season with salt and pepper.
- Transfer to a bowl and cover to keep warm.



## Prep the chicken

- In a small bowl, combine the honey, soy sauce (for the chicken), sesame seeds and juice from the lemon wedges.
- · Cut chicken thigh into 2cm chunks.
- In a medium bowl, combine **cornflour** and a generous pinch of **salt** and **pepper**.
- Add chicken, tossing to coat.



## Cook the chicken

- Wipe out frying pan and return to high heat with a generous drizzle of olive oil. When oil is hot, dust off any excess flour from chicken.
- Cook chicken in batches, tossing, until browned and cooked through (when no longer pink inside), 5-6 minutes. Transfer to a paper towel-lined plate.
- Return all chicken to pan. Add sauce mixture and cook, tossing, until coated and heated through.



# Serve up

- Divide bacon, egg and veggie fried rice between bowls.
- Top with sticky sesame lemon chicken. Spoon over sauce from pan to serve. Enjoy!









Cook in batches, tossing, until browned and cooked through, 1-2 minutes.

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

