



Sticky Sesame Lemon Chicken

with Bacon, Egg & Veggie Fried Rice

TAKEAWAY FAVES

Grab your meal kit
with this number

26



Basmati Rice



Spring Onion



Carrot



Green Beans



Garlic



Lemon



Diced Bacon



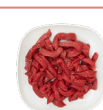
Sesame Seeds



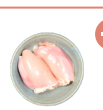
Chicken Thigh



Cornflour



Beef Strips



Chicken Thigh

Prep in: 25-35 mins
Ready in: 30-40 mins

Eat Me Early

From the sweet and savoury coating on the chicken thigh, to the loaded fried rice with an added depth of flavour from the bacon, this dish definitely rivals takeaway.

Pantry items

Olive Oil, Egg, 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 · 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	½	1
egg*	1	2
diced bacon	1 medium packet	1 large packet
soy sauce* (for the rice)	1 tbs	2 tbs
honey*	3 tbs	½ cup
soy sauce* (for the sauce)	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.



Prep & scramble the egg

- 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 a generous squeeze of **lemon juice**.
- 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 **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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW32



CUSTOM OPTIONS



SWAP TO BEEF STRIPS

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



DOUBLE CHICKEN THIGH

Follow method above, cooking in batches if necessary.

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

