

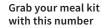
# Peri-Peri Pulled Chicken & Garlic Rice

with Zingy Salsa & Fetta

TAKEAWAY FAVES

HELLOHERO

CLIMATE SUPERSTAR















**Red Onion** 





Lime

Tomato





Cucumber

Slow-Cooked Chicken Breast





Peri-Peri Seasoning

Sweet Chilli Sauce





Fetta Cubes

Garlic Aioli



Slow-Cooked Chicken Breast



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

Skip the queue 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 garlic aioli and fetta cubes to top it all off.

**Pantry items** Olive Oil, Butter

## 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

# Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
butter* (for the rice)	20g	40g	
garlic paste	1 packet	2 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	1/2	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 sachet	2 sachets	
butter* (for the chicken)	20g	40g	
sweet chilli sauce	1 small packet	1 medium packet	
fetta cubes	1 medium packet	1 large packet	
garlic aioli	1 medium packet	1 large packet	
*Pantry Items			

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3608kJ (862cal)	332kJ (79cal)
Protein (g)	34g	3.1g
Fat, total (g)	42.1g	3.9g
- saturated (g)	15.4g	1.4g
Carbohydrate (g)	83.7g	7.7g
- sugars (g)	19g	1.7g
Sodium (mg)	1405mg	129.1mg
Dietary Fibre (g)	13.8g	1.3g

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

- 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!



#### Cook the chicken

- When the rice has 10 minutes remaining, in a large frying pan, heat a drizzle
  of olive oil over medium-high heat.
- Cook onion, tossing, until tender, 4-5 minutes.
- Add chicken, peri-peri seasoning and the butter (for the chicken), then 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 to taste.



# 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 to taste with **salt** and **pepper** and set aside.
- Drain **slow-cooked chicken breast**. Transfer to a bowl, then roughly shred.



## Serve up

- Divide garlic rice between bowls.
- Top with peri-peri pulled chicken and zingy salsa.
- Crumble over **fetta cubes** and drizzle with **garlic aioli**.
- · Garnish with spring onion to serve. Enjoy!









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

