



Peri-Peri Pulled Chicken & Garlic Rice

with Zingy Salsa & Fetta

TAKEAWAY FAVES

HELLOHERO

CLIMATE SUPERSTAR

Grab your meal kit with this number

26



Garlic Paste



Basmati Rice



Red Onion



Spring Onion



Lime



Tomato



Cucumber



Slow-Cooked Chicken Breast



Peri-Peri Seasoning



Sweet Chilli Sauce



Fetta Cubes



Garlic Aioli



Slow-Cooked Chicken Breast



Fetta Cubes

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

	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	½	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](https://www.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

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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!

CUSTOM OPTIONS



DOUBLE SLOW-COOKED CHICKEN BREAST

Follow method above, cooking in batches if necessary.



DOUBLE FETTA CUBES

Follow method above.

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

