

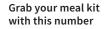
Peri-Peri Pulled Chicken & Rice

with Zingy Salsa & Fetta

TAKEAWAY FAVES

HELLOHERO

CLIMATE SUPERSTAR









Garlic Paste







Red Onion

Spring Onion







Lime



Tomato

Cucumber

Slow-Cooked Chicken Breast





Seasoning



Garlic Aioli

Sauce

Fetta Cubes

Slow-Cooked Chicken Breast



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

Skip the queues 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
water*	1 cup	2 cups
jasmine rice	1 medium packet	1 large packet
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 packet	1 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 the water and a generous pinch of salt, stir, then bring to the boil. Add jasmine rice. Reduce heat to low and cover with a lid. Cook for 10 minutes.
- Remove from heat and keep covered until the rice is tender and the water is absorbed, 10 minutes.



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



Serve up

- · Divide rice between plates.
- Top with peri-peri pulled chicken and zingy salsa.
- Crumble over **fetta cubes** and drizzle with **garlic aioli**.
- Sprinkle over 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.

