



Peri-Peri Pulled Chicken & Rice

with Zingy Salsa & Fetta

TAKEAWAY FAVES

HELLOHERO

CLIMATE SUPERSTAR

Grab your meal kit with this number

26



Garlic Paste



Jasmine 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 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

| | 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 | 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 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](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

2024 | CW44



1



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**.

3



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.

2



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.

4



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!

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.

