



Peri-Peri Pulled Chicken & Rice

with Zingy Salsa & Fetta

TAKEAWAY FAVES

HELLOHERO

CLIMATE SUPERSTAR

Grab your meal kit with this number

26



Garlic Paste



White Rice



Brown Onion



Lemon



Coriander



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
white rice	1 medium packet	1 large packet
garlic paste	1 packet	2 packets
water*	1¼ cups	2 ½ cups
brown onion	1	2
lemon	½	1
coriander	1 packet	1 packet
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)	3607kJ (862cal)	333kJ (80cal)
Protein (g)	34g	3.1g
Fat, total (g)	42.1g	3.9g
- saturated (g)	15.4g	1.4g
Carbohydrate (g)	83.5g	7.7g
- sugars (g)	18.7g	1.7g
Sodium (mg)	1405mg	129.7mg
Dietary Fibre (g)	13.9g	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.

1



Cook the rice

- In a medium saucepan, heat the **butter (for the rice)** with a dash of **olive oil** over medium heat. Rinse and drain the **white rice**.
- Cook **garlic paste** until fragrant, **1 minute**. Add **white 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!

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)** and cook until fragrant, **1-2 minutes**.
- Remove pan from heat, then stir through **sweet chilli sauce**, a squeeze of **lemon juice** and a splash of **water**. Season to taste.

CUSTOM OPTIONS



DOUBLE SLOW-COOKED CHICKEN BREAST

Follow method above, cooking in batches if necessary.



DOUBLE FETTA CUBES

Follow method above.

2



Get prepped

- Thinly slice **brown onion**.
- Slice **lemon** into wedges.
- Roughly chop **coriander**.
- Finely chop **tomato** and **cucumber**.
- In a medium bowl, combine **tomato**, **cucumber**, a squeeze of **lemon 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 bowls.
- Top with peri-peri pulled chicken and zingy salsa.
- Crumble over **fetta cubes** and drizzle with **garlic aioli**.
- Sprinkle over coriander to serve.
- Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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

