HELLO FRESH

Sweet Chilli-Ginger Chicken & Veggies
with Garlic Rice & Crispy Shallots

NEW | KID FRIENDLY

Garlic
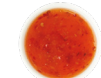
Jasmine Rice

Carrot

Asian Greens

Capsicum

Lemon

Chicken Tenderloins

Ginger Paste

Sweet Chilli Sauce

Crispy Shallots

Chicken Tenderloins

Peeled Prawns

Prep in: 25-35 mins
Ready in: 30-40 mins

Protein Rich

Eat Me Early

This super snazzy stir-fry has some seriously tasty veggies like Asian greens and capsicum, that transform this dish from great to spectacular. With sweet chilli-ginger chicken and our staple garlic rice, you'll get major flavour with every bite.

Pantry items

Olive Oil, Butter, Plain Flour

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
garlic	3 cloves	6 cloves
butter*	20g	40g
jasmine rice	1 medium packet	1 large packet
water*	1 cup	2 cups
carrot	1	2
Asian greens	1 packet	2 packets
capsicum	½	1
lemon	½	1
chicken tenderloins	1 medium packet	2 medium packets OR 1 large packet
plain flour*	2 tbs	¼ cup
ginger paste	1 medium packet	1 large packet
sweet chilli sauce	1 packet	1 packet
crispy shallots	1 medium sachet	1 large sachet

***Pantry Items**

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2838kJ (678cal)	285kJ (68cal)
Protein (g)	45.1g	4.5g
Fat, total (g)	22.7g	2.3g
- saturated (g)	9.8g	1g
Carbohydrate (g)	77.6g	7.8g
- sugars (g)	12.7g	1.3g
Sodium (mg)	334mg	33.5mg
Dietary Fibre (g)	24.7g	2.5g

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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW47

1

Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, melt the **butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**. Add **jasmine 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 rice is tender and all water is absorbed, **10 minutes**.

TIP: *The rice will finish cooking in its own steam, so don't peek!*

2

Get prepped

- While rice is cooking, thinly slice **carrot** into half-moons.
- Roughly chop **Asian greens** and **capsicum (see ingredients)**.
- Slice **lemon** into wedges.
- Cut **chicken tenderloins** into 2cm chunks.

3

Cook the veggies

- When rice has **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **capsicum** and **carrot**, tossing, until tender, **4-5 minutes**.
- Add **Asian greens** and remaining **garlic** and cook until fragrant, **1 minute**. Season to taste. Transfer to a bowl and cover to keep warm.

4

Cook the chicken

- While veggies are cooking, in a medium bowl, combine **chicken**, the **plain flour** and a pinch of **salt**.
- Return frying pan to high heat with a good drizzle of **olive oil**. When oil is hot, pick up **chicken** with tongs and shake off any excess **flour**.
- Cook **chicken**, tossing occasionally, until browned and cooked through (when no longer pink inside), **5-6 minutes**.

Little cooks: *Take charge by tossing the chicken with the flour and salt!*

5

Make the sauce

- To the pan, add **ginger paste**, **sweet chilli sauce** and a squeeze of **lemon juice**. Toss to coat and cook until slightly reduced, **1 minute**.

6

Serve up

- Divide garlic rice between bowls.
- Top with veggies and sweet chilli-ginger chicken.
- Garnish with **crispy shallots**.
- Serve with remaining lemon wedges. Enjoy!

Little cooks: *Add the finishing touch by sprinkling over the crispy shallots!*

CUSTOM OPTIONS

DOUBLE CHICKEN TENDERLOINS
Follow method above, cooking in batches if necessary.

SWAP TO PEELED PRAWNS
Cook, tossing, until pink and starting to curl up, 3-4 minutes.

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