



# Peri-Peri Pulled Chicken & Rice

with Zingy Salsa & Fetta

TAKEAWAY FAVES

HELLOHERO

CLIMATE SUPERSTAR

Grab your meal kit with this number

26



White Rice



Garlic Paste



Onion



Lemon



Spring Onion



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
<b>olive oil*</b>	refer to method	refer to method
white rice	1 medium packet	1 large packet
<b>butter*</b> (for the rice)	20g	40g
garlic paste	1 packet	2 packets
<b>water*</b>	1¼ cups	2½ cups
onion	1	2
lemon	½	1
spring onion	1 stem	2 stems
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
<b>butter*</b> (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)	3602kJ (861cal)	337kJ (81cal)
Protein (g)	33.8g	3.2g
Fat, total (g)	42.1g	3.9g
- saturated (g)	15.4g	1.4g
Carbohydrate (g)	83.9g	7.9g
- sugars (g)	19.1g	1.8g
Sodium (mg)	1404mg	131.5mg
Dietary Fibre (g)	12.6g	1.2g

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://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

- Rinse and drain **white 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 **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.

2



## Get prepped

- Thinly slice **onion**.
- Slice **lemon** into wedges.
- Thinly slice **spring onion**.
- Finely chop **tomato** and **cucumber**.
- In a medium bowl, combine **tomato**, **cucumber**, a squeeze of **lemon juice** and a drizzle of **olive oil**. Season 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 spring onion to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

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### 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.

