



CHICKEN & VEGETABLE RICE BOWL

with Creamy Honey-Mustard Sauce



Make a creamy
honey-mustard sauce



Garlic



Basmati Rice



Carrot



Broccoli



Leek



Parsley



Chicken Thigh



Wholegrain Mustard



Thickened Cream

Pantry Staples: Olive Oil, Honey

Hands-on: **20** mins
Ready in: **30** mins

Eat me early

Naturally gluten-free
Not suitable for Coeliacs

"No Boring Bits" could be the motto of this dish. Infusing rice with a rich garlic flavour is great trick to impart plenty of flavour in this sometimes neglected side. Along with bright veggies and a stunning creamy honey-mustard sauce over succulent chicken, each element of this meal is as good as the last.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, garlic crusher, medium saucepan** with a **lid, wooden spoon, large frying pan** with a **lid** and **tongs**.



1 COOK THE GARLIC RICE

Peel and crush the **garlic**. In a medium saucepan, melt the **butter** with a **dash of olive oil** over a medium heat. Add the garlic and cook for **1-2 minutes**, or until golden and fragrant. Add the **basmati rice, water (for the rice),** and **salt (for the rice)** to the pan and bring to the boil. Reduce the heat to low. Simmer, uncovered, stirring occasionally, for **15-20 minutes**, or until the rice is tender and all the liquid has been absorbed. Cover with a lid to keep warm.



2 GET PREPPED

While the rice is cooking, thinly slice the **leek**. Slice the **carrot** (unpeeled) into 0.5cm half-moons. Cut the **broccoli** into 2cm florets and roughly chop the stalk. Roughly chop the **parsley**.



3 BROWN THE CHICKEN

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Once hot, season the **chicken thighs** on both sides with **salt and pepper** and add to the pan. Cook for **2 minutes** each side, or until browned. Transfer to a plate and set aside (the chicken will continue cooking in step 5). Add the **leek** to the pan and cook, stirring, for **2 minutes** or until tender.



4 ADD THE SAUCE

Reduce the heat to medium and add the **wholegrain mustard, honey, salt (for the sauce)** and **thickened cream** to the frying pan. Season with **pepper** and stir to combine.



5 ADD THE VEGGIES

Return the **chicken thigh** to the pan and add the **carrot** and **broccoli**. Reduce the heat to low, cover with a lid or foil and simmer for **5 minutes**. Remove the lid and simmer for a further **2-3 minutes** or until the chicken is cooked through and the vegetables are tender.



6 SERVE UP

Divide the garlic rice, honey mustard chicken and veggies between bowls. Spoon over the creamy sauce and garnish the adults' portion with parsley.

TIP: For kids, follow our serving suggestion in the main photo!

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
garlic	1 clove
butter*	20 g
basmati rice	2 packets
water* (for the rice)	3 cups
salt* (for the rice)	½ tsp
carrot	2
broccoli	1 head
leek	1
parsley	1 bunch
chicken thigh	1 packet
wholegrain mustard	1 tub (40 g)
honey*	1 tbs
salt* (for the sauce)	½ tsp
thickened cream	1 tub (300 mL)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3350kJ (800Cal)	663kJ (158Cal)
Protein (g)	44.6g	8.8g
Fat, total (g)	34.2g	6.8g
- saturated (g)	17.1g	3.4g
Carbohydrate (g)	74.4g	14.7g
- sugars (g)	12.2g	2.4g
Sodium (g)	949mg	188mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

→ JOIN OUR PHOTO CONTEST!

   #HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

2018 | WK25

