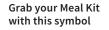


Lemon Pepper Plant-Based Chick'n Stir Fry

with Garlic Rice & Veggies

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR













Zucchini

Green Beans



Sweet Chilli



Sauce

Chicken Strips

Crushed Peanuts



Lemon Pepper



Seasoning





Prep in: 20-30 mins Ready in: 30-40 mins

Plant Based

You really can't beat a rice bowl, especially when it's bringing colour, flavour and crunch to the table. This dish is no different, packed with lemon-pepper seasoning which coats the chick'n to perfection. It's also bursting with the brightest zucchini and green beans we could find and is all topped with some crushed peanuts for crunch!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Plant-Based Butter, Soy Sauce (or Gluten Free Tamari Soy Sauce), Vinegar (White Wine or Rice Wine)

Before you start

Wash your hands and any fresh food

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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
garlic	3 cloves	6 cloves	
plant-based butter*	20g	40g	
water*	1¼ cups	2½ cups	
jasmine rice	1 medium packet	1 large packet	
zucchini	1	2	
green beans	1 medium bag	1 large bag	
sweet chilli sauce	1 medium packet	2 medium packets	
(or gluten free tamari soy sauce)	1½ tbs	3 tbs	
vinegar* (white wine or rice wine)	1 tsp	2 tsp	
plant-based chicken strips	1 packet	2 packets	
lemon pepper seasoning	1 medium sachet	2 medium sachets	
crushed peanuts	1 medium packet	1 large packet	
plant-based chicken strips**	1 packet	2 packets	
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^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Per Serving	Per 100g
3291kJ (787Cal)	766kJ (183Cal)
41.6g	9.7g
28.1g	6.5g
4.9g	1.1g
85.4g	19.9g
20.3g	4.7g
2223mg	517mg
	3291kJ (787Cal) 41.6g 28.1g 4.9g 85.4g 20.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4221kJ (1009Cal)	761kJ (182Cal)
Protein (g)	71.2g	12.8g
Fat, total (g)	37.1g	6.7g
- saturated (g)	6.1g	1.1g
Carbohydrate (g)	89.2g	16.1g
- sugars (g)	24.1g	4.3g
Sodium (mg)	3348mg	603mg

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





Make the garlic rice

- Finely chop garlic. In a medium saucepan, heat the plant-based butter with a dash of olive oil over medium heat.
- Cook 1/2 the garlic until fragrant, 1-2 minutes.
 Add the water and a generous pinch of salt and bring to the boil.
- Add jasmine rice, stir, cover with a lid and reduce heat to low.
- Cook for 12 minutes, then remove from heat and keep covered until rice is tender and all the water is absorbed, 10-15 minutes.

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



Get prepped

- Meanwhile, slice zucchini into half-moons. Trim and halve green beans.
- In a small bowl, combine **sweet chilli sauce**, the **soy sauce**, the **vinegar** and a splash of **water**.



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook zucchini and green beans, stirring, until softened, 4-5 minutes.
- Add remaining garlic and cook until fragrant,
 1 minute.
- Transfer to a bowl, season and cover to keep warm.



Cook the plant-based chick'n

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **plant-based chicken strips**, tossing, until browned, **4-5 minutes**.

Custom Recipe: If you've doubled your plant-based chicken strips, cook in batches for the best results.



Flavour the plant-based chick'n

- To plant-based chicken strips, add lemon pepper seasoning and cook, stirring, until fragrant, 1 minute.
- Remove from heat, and stir in sweet chilli sauce mixture, until coated.



Serve up

- Divide garlic rice and veggies between bowls.
 Top rice with lemon pepper plant-based chicken.
- · Sprinkle over crushed peanuts to serve. Enjoy!

We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate