



# Lemon Pepper Plant-Based Chick'n Stir Fry

with Garlic Rice & Veggies

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Zucchini



Green Beans



Sweet Chilli Sauce



Plant-Based Chicken Strips



Lemon Pepper Seasoning



Crushed Peanuts



Plant-Based Chicken Strips

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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	3 cloves	6 cloves
<b>plant-based butter*</b>	20g	40g
<b>water*</b>	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
<b>soy sauce*</b> (or <i>gluten free tamari soy sauce</i> )	1½ tbs	3 tbs
<b>vinegar*</b> ( <i>white wine or rice wine</i> )	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

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3291kJ (787Cal)	766kJ (183Cal)
Protein (g)	41.6g	9.7g
Fat, total (g)	28.1g	6.5g
- saturated (g)	4.9g	1.1g
Carbohydrate (g)	85.4g	19.9g
- sugars (g)	20.3g	4.7g
Sodium (mg)	2223mg	517mg

## 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](https://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!

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## 1 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!



## 4 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.



## 2 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**.



## 5 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.



## 3 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.



## 6 Serve up

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

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