



MEDITERRANEAN CHICKEN

with Broccoli Rice & Basil



Make a broccoli rice



Broccoli



Celery



Sweet Paprika



Brown Onion



Carrot



Tomato Paste



Garlic



Basil



Free-Range
Chicken Breast



Diced Tomatoes



Jasmine Rice



Vegetable Stock

Pantry Staples



Olive Oil



Water



Sugar

Hands-on: **30** mins
Ready in: **40** mins

Eat me early

This rich red tomato sauce adds so much flavour to chicken – it's got a little bit of barbequed flavour to it and plenty of hidden veg. With a bed of fluffy broccoli rice, you'll be sure to catch all of that lovely sauce, too.

BEFORE YOU START

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



1 GET PREPPED

Dice the **free-range chicken breast** into 2 cm cubes. Finely chop the **brown onion**. Finely chop the **carrot** (unpeeled). Finely chop the **celery**. Peel and crush the **garlic**. Finely chop the **basil** leaves (reserve a few leaves for the garnish). Finely chop the **broccoli**.



2 COOK THE CHICKEN

Heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Add the **chicken breast** and cook, stirring regularly, for **4 minutes** or until browned (the chicken will finish cooking in step 5). Remove from the pan and set aside on a plate.



3 MAKE THE SAUCE

Return the pan to the heat and add another **drizzle of olive oil** (if needed). Add the **brown onion, carrot and celery** and cook for **5 minutes**, or until the vegetables have softened. Add the **garlic** and the **sweet paprika** and cook for **1 minute**, or until fragrant. Add the **diced tomatoes, tomato paste, water (for the sauce), sugar** and the chopped **basil**. Crumble in the **vegetable stock** cube and bring to the boil. Reduce the heat to low and simmer for **10 minutes**, or until thickened. Season to taste with a **pinch of salt and pepper**.



4 COOK THE BROCCOLI RICE

While the sauce is cooking, rinse the **Jasmine rice** well. Bring the rice and the **water (for the rice)** to the boil in a medium saucepan over a high heat. Reduce the heat to medium and simmer, uncovered, for **11-12 minutes**, or until the rice is soft. In the last **4 minutes** of the rice cooking time, add the **broccoli**. Drain and return the rice and broccoli to the saucepan. Season with a **pinch of salt and pepper** and cover with a lid to keep warm.



5 ADD THE CHICKEN TO THE SAUCE

When the sauce has finished cooking, add the **chicken breast** and any resting juices back into the pan. Stir for **1 minute**, or until the chicken is cooked through. **TIP:** The chicken is cooked when it is no longer pink inside. Remove from the heat.



6 SERVE UP

Divide the broccoli rice between bowls, top with the Mediterranean chicken and garnish with the reserved basil leaves.

Enjoy!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
free-range chicken breast	1 packet
brown onion	1
carrot	1
celery	1 stick
garlic 🌱	3 cloves
basil 🌱	1 bunch
broccoli	1 head
sweet paprika	2 sachets (1 tbs)
diced tomatoes	1 tin (400 g)
tomato paste	1 sachet (2 tbs)
water* (for the sauce)	½ cup
sugar*	1 tsp
vegetable stock	1 cube
Jasmine rice	2 packets (1 ½ cups)
water* (for the rice)	6 cups

*Pantry Items | 🌱 This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2570kJ (614Cal)	273kJ (65Cal)
Protein (g)	49.6g	5.3g
Fat, total (g)	11.4g	1.2g
- saturated (g)	3.3g	0.3g
Carbohydrate (g)	73.1g	7.8g
- sugars (g)	10.7g	1.1g
Sodium (mg)	453mg	48mg

→ 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

2017 | WK29 | F4

🌱 HelloFRESH