



Plant-Based Chick'n & Charred Corn Salsa

with Garlic Rice & Chimichurri

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Sweetcorn



Tomato



Cucumber



Long Chilli (Optional)



Plant-Based Crumbed Chicken



Chimichurri Sauce



Plant-Based Aioli



Plant-Based Crumbed Chicken

Prep in: 20-30 mins
Ready in: 25-35 mins

Plant Based

It's easy to whip up a crowd-pleasing plant-based dish when you have our crumbed 'chick'n' handy. Serve over fluffy and fragrant garlic rice and with a cheerful salsa that's all the right things: juicy, crunchy, sweet and tangy. Add the finishing touches with our herby chimichurri and creamy plant-based aioli.

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

Pantry items

Olive Oil, Plant-Based Butter, White Wine Vinegar

Before you start


Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
plant-based butter*	20g	40g
basmati rice	1 medium packet	1 large packet
water*	1½ cups	3 cups
sweetcorn	1 tin (125g)	1 tin (300g)
tomato	1	2
cucumber	1	2
long chilli  (optional)	½	1
white wine vinegar*	drizzle	drizzle
plant-based crumbed chicken	1 packet	2 packets
chimichurri sauce	1 medium packet	1 large packet
plant-based aioli	1 packet	2 packets
plant-based crumbed chicken**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4230kJ (1011Cal)	940kJ (225Cal)
Protein (g)	23.1g	5.1g
Fat, total (g)	61.3g	13.6g
- saturated (g)	6.9g	1.5g
Carbohydrate (g)	88.2g	19.6g
- sugars (g)	7.1g	1.6g
Sodium (mg)	1220mg	271mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5546kJ (1326Cal)	991kJ (237Cal)
Protein (g)	37.7g	6.7g
Fat, total (g)	80.8g	14.4g
- saturated (g)	8.7g	1.6g
Carbohydrate (g)	107.2g	19.1g
- sugars (g)	8.1g	1.4g
Sodium (mg)	1997mg	357mg

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



1



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, melt the **plant-based butter** with a dash of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
- Add **basmati 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. Keep covered until rice is tender and water is absorbed, **10 minutes**.

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

3



Cook the chick'n

- Return frying pan to medium-high heat with enough **olive oil** to coat the base.
- Cook **plant-based crumbed chicken** until golden and heated through, **2-3 minutes** on each side.
- Transfer to a paper towel-lined plate.

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

2



Make the salsa

- While the rice is cooking, drain **sweetcorn**.
- Heat a large frying pan over high heat. Cook **corn kernels**, tossing, until lightly browned, **4-5 minutes**. Transfer to a medium bowl.
- Roughly chop **tomato** and **cucumber**. Thinly slice **long chilli** (if using).
- Add **tomato**, **cucumber** and a drizzle of **white wine vinegar** and **olive oil** to the **charred corn**. Season with **salt** and **pepper**, then toss to combine.

4



Serve up

- Slice plant-based chick'n.
- Divide garlic rice between bowls. Top with chick'n and charred corn salsa.
- Drizzle with **chimichurri sauce** and **plant-based aioli**. Sprinkle with chilli to serve. Enjoy!

Rate your recipe

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