

Sichuan Chicken Bowl

with Veggies, Crispy Shallots & Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Green Beans



Chicken Breast



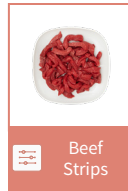
Mayonnaise



Sichuan Garlic Paste



Crispy Shallots



Beef Strips

Hands-on: **25-35 mins**
 Ready in: **30-40 mins**

Eat me early

Why did one cross the road? To get a taste of this sensational chicken dish, of course! With our signature Sichuan garlic paste, soy mayonnaise and crispy shallots, it's a perfect mix of flavours that'll spice up your midweek routine.



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

Pantry items

Olive Oil, Butter, Soy Sauce

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

Large saucepan with lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
jasmine rice	1 packet	2 packets
water* (for the rice)	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
carrot	1	2
green beans	1 bag (100g)	1 bag (200g)
chicken breast	1 small packet	1 large packet
mayonnaise	1 packet (40g)	2 packets (80g)
soy sauce*	1 tsp	2 tsp
water* (for the mayo)	1 tsp	2 tsp
Sichuan garlic paste	1 packet	2 packets
crispy shallots	1 sachet	2 sachets
beef strips**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3680kJ (879Cal)	773kJ (184Cal)
Protein (g)	39.1g	8.2g
Fat, total (g)	42.6g	9g
- saturated (g)	12.1g	2.5g
Carbohydrate (g)	82.6g	17.4g
- sugars (g)	17.8g	3.7g
Sodium (mg)	1242mg	261mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3532kJ (844Cal)	810kJ (193Cal)
Protein (g)	42.9g	9.8g
Fat, total (g)	36.8g	8.4g
- saturated (g)	10.5g	2.4g
Carbohydrate (g)	82.6g	18.9g
- sugars (g)	17.8g	4.1g
Sodium (mg)	1187mg	272mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Cook the garlic rice

Finely chop the **garlic**. In a large saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **jasmine rice**, **water (for the rice)** and the **salt**, stir and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10-15 minutes**.

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



Cook the veggies

Heat a large frying pan over a medium-high heat. When the pan is hot, add the **carrot**, **green beans** and a splash of **water** and cook, tossing, until tender, **4-5 minutes**. Season with **salt** and **pepper** and transfer to a medium bowl.



Get prepped

While the rice is cooking, thinly slice the **carrot** into half-moons. Trim the **green beans** and cut into small pieces. Cut the **chicken breast** into 2cm chunks.



Cook the chicken

Return the frying pan to a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **chicken**, tossing, until cooked through, **4-5 minutes**. Remove the pan from the heat, add the **Sichuan garlic paste** and toss to coat.



Make the soy mayo

In a small bowl, combine the **mayonnaise**, **soy sauce** and **water (for the mayo)**.



Serve up

Divide the garlic rice between bowls. Top with the veggies and Sichuan chicken. Spoon over any sauce remaining in the pan. Drizzle with the soy mayo. Garnish with **crispy shallots**.

Enjoy!



CUSTOM RECIPE

Heat the pan as above. When the oil is hot, cook the beef strips, tossing, until cooked through, 1-2 minutes. Remove the pan from the heat, add the Sichuan garlic paste and toss to coat.