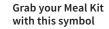


Sticky Plum Sauce Chicken with Fried Rice & Japanese-Style Greens

LUNAR NEW YEAR









Seasoning



Oyster Sauce



Baby Broccoli



Pea Pods





Spring Onion







Chilli Flakes







Half Chicken



Ginger Paste





Garlic Paste



Prep in: 25-35 mins Ready in: 45-55 mins



Bring a little extra red and gold to your Lunar New Year with a delicious meal and sensational dessert. With a few simple steps, you can spend less time planning and more time celebrating the Year of the Rabbit with loved ones. We've done the hard work for you, dousing crispy chicken with a sticky plum sauce. This star of the meal has the perfect sweetness-to-sourness ratio!

Pantry items Olive Oil, Egg

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 frying pan · Oven tray lined with baking paper

Ingredients

3				
	2 People	4 People		
olive oil*	refer to method	refer to method		
half chicken	1 packet	2 packets		
garlic & herb seasoning	1 medium sachet	1 large sachet		
plum sauce	1 medium packet	2 medium packets		
oyster sauce	1 packet (50g)	1 packet (100g)		
ginger paste	1 medium packet	1 large packet		
baby broccoli	1 bunch	2 bunches		
pea pods	1 small bag	1 medium bag		
spring onion	1 stem	2 stems		
Japanese dressing	1 packet	2 packets		
egg*	1	2		
garlic paste	1 packet	2 packets		
microwavable basmati rice	1 packet	2 packets		
soy sauce mix	1 packet	2 packets		
chilli flakes ∮ (optional)	pinch	pinch		

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4808kJ (1149Cal)	613kJ (147Cal)
Protein (g)	85g	10.8g
Fat, total (g)	53.4g	6.8g
- saturated (g)	14.1g	1.8g
Carbohydrate (g)	80.4g	10.2g
- sugars (g)	13.9g	1.8g
Sodium (mg)	2657mg	339mg

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.



Roast the chicken

- Preheat oven to 240°C/220°C fan-forced. In a large bowl, combine half chicken, garlic & herb seasoning and a drizzle of olive oil.
- In a small bowl, combine plum sauce, oyster sauce and ginger paste.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Sear chicken, skin-side down first, until browned, 4-5 minutes each side.
- · Transfer chicken to a lined oven tray and roast until almost cooked through, 20-25 minutes.
- · Pour over plum sauce mixture and roast for another 5-10 minutes, until cooked through. Set aside to rest for 5-10 minutes.

TIP: Chicken is cooked through when it's no longer pink inside.



Scramble the eggs

- Return frying pan to medium-high heat with a drizzle of olive oil.
- Add spring onion, then crack egg into the pan and scramble until cooked through, 1 minute.
- Season with **salt** and **pepper**. Transfer to a plate.



Get prepped

- Meanwhile, trim and halve baby broccoli.
- Trim pea pods.
- Thinly slice spring onion.



Cook the greens

- · When chicken has 10 minutes of cook time remaining, wipe out pan and return to medium-high heat with a drizzle of olive oil.
- · Cook baby broccoli, until softened, 3-4 minutes.
- Add **pea pods** and cook, tossing, until tender, **2-3 minutes**. Transfer to a serving bowl.
- Drizzle greens with Japanese dressing and toss to combine. Cover to keep warm.



Make the fried rice

- · Return frying pan to medium-high heat with a drizzle of olive oil.
- · Cook garlic paste until fragrant, 1 minute.
- · Squeeze microwaveable basmati rice packet to loosen rice. Add **rice** and **soy sauce mix** to pan and cook, until warmed through, 2-3 minutes.
- · Remove from heat and return scrambled egg to pan, tossing to combine. Season with salt and pepper.



Serve up

- · Carve chicken in half and pour over any resting
- · Bring sticky plum sauce chicken, fried rice and Japanese-style greens to the table.
- Top rice with a pinch of chilli flakes (if using) to serve. Enjoy!



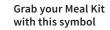
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Mango Coconut Rice Pudding with Toasted Coconut & Almond Crumb

LUNAR NEW YEAR













Shredded Coconut

Flaked Almonds



Mango Slices In Juice



Prep in: 15-25 mins Ready in: 35-45 mins Pantry items **Brown Sugar**

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 · 4 serving

Ingredients

	4 People
coconut milk	1 medium packet
water*	¾ cup
brown sugar*	1 tbs
jasmine rice	1 medium packet
shredded coconut	1 medium packet
flaked almonds	1 medium packet
mango slices in juice	1 packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1391kJ (332Cal)	512kJ (122Cal)
Protein (g)	5.6g	2.1g
Fat, total (g)	12g	4.4g
- saturated (g)	10g	3.7g
Carbohydrate (g)	62g	22.8g
- sugars (g)	27.4g	10.1g
Sodium (mg)	12mg	4mg

The quantities provided above are averages only.

Allergens

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Cook the coconut rice

- In a medium saucepan, add coconut milk, the water, the brown sugar and a generous pinch of **salt**. Bring to the boil, stirring, then add **jasmine rice**.
- Stir, cover with a lid and reduce heat to low. Cook for **15 minutes**, then remove pan from heat.
- Keep covered until 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!



Make the crumb

- When rice has 10 minutes remaining, heat a large frying pan over medium-high heat.
- Toast shredded coconut, tossing, until golden, 2-3 minutes.
- Transfer to a small bowl. Add **flaked almonds** and mix to combine.



Make the syrup & chop mango

- Drain liquid from mango slices in juice into frying pan. Transfer mango slices to a board and roughly chop.
- Return pan to high heat and boil liquid until slightly thickened, 2-3 minutes.



Serve up

- Divide coconut rice between bowls.
- Top with mango, some syrup and toasted coconut and almond crumb to serve. Enjoy!

Rate your recipe

