



Sticky Plum Sauce Chicken

with Fried Rice & Japanese-Style Greens

LUNAR NEW YEAR



Grab your Meal Kit with this symbol



Garlic & Herb Seasoning



Oyster Sauce



Baby Broccoli



Pea Pods



Spring Onion



Microwavable Basmati Rice



Soy Sauce Mix



Chilli Flakes (Optional)



Half Chicken



Plum Sauce



Ginger Paste



Japanese Dressing



Garlic Paste

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

Eat Me Early

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

	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.

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2023 | CW04



1



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.

4



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.

2



Get prepped

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

5



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**.

3



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.

6



Serve up

- Carve chicken in half and pour over any resting juices.
- 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

Grab your Meal Kit with this symbol



Coconut Milk



Jasmine Rice



Shredded Coconut



Flaked Almonds



Mango Slices In Juice

Prep in: 15-25 mins
Ready in: 35-45 mins

Level up your stock-standard dinner recipe by whipping up this 5-star dessert. Not only is it super simple to make, this mango and coconut rice pudding will become the most loved and talked about dessert (in the best way)!

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 bowls

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

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1



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!

3



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**.

2



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.

4



Serve up

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

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