



Sticky Sesame Lemon Chicken

with Bacon, Egg & Veggie Fried Rice

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Spring Onion



Carrot



Green Beans



Garlic



Lemon



Microwavable Basmati Rice



Sesame Seeds



Cornflour



Diced Bacon



Chicken Thigh

Prep in: 25-35 mins
Ready in: 30-40 mins

Eat Me Early

From the sweet and savoury coating on the chicken thigh, to the loaded fried rice with an added depth of flavour from the bacon, this dish definitely rivals takeaway.

Pantry items

Olive Oil, Egg, Soy Sauce, Honey

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
spring onion	1 stem	2 stems
carrot	1	2
green beans	1 small bag	1 medium bag
garlic	1 clove	2 cloves
lemon	½	1
egg*	1	2
diced bacon	1 packet (90g)	1 packet (180g)
microwavable basmati rice	1 packet	2 packets
soy sauce* (for the rice)	1 tbs	2 tbs
honey*	3 tbs	½ cup
soy sauce* (for the chicken)	1 tbs	2 tbs
sesame seeds	1 medium sachet	2 medium sachets
chicken thigh	1 small packet	1 large packet
cornflour	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3062kJ (732Cal)	520kJ (124Cal)
Protein (g)	48.7g	8.3g
Fat, total (g)	24g	4.1g
- saturated (g)	6.9g	1.2g
Carbohydrate (g)	76.6g	13g
- sugars (g)	26.5g	4.5g
Sodium (mg)	1292mg	219mg

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.



Get prepped

- Thinly slice **spring onion**. Finely chop **carrot**. Trim **green beans** and roughly chop. Finely chop **garlic**. Slice **lemon** into wedges.



Prep the chicken

- In a small bowl, combine the **honey**, **soy sauce (for the chicken)**, **sesame seeds** and **juice** from the **lemon wedges**. Cut **chicken thigh** into 2cm chunks.
- In a medium bowl, combine **cornflour** and a generous pinch of **salt** and **pepper**.
- Add **chicken**, tossing to coat.



Scramble the egg

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. 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.



Cook the chicken

- Wipe out frying pan and return to high heat with a generous drizzle of **olive oil**. When oil is hot, dust off any excess **flour** from **chicken**.
- Cook **chicken**, in batches, tossing, until browned and cooked through (when no longer pink inside), **5-6 minutes**. Transfer to a paper towel-lined plate.
- Return all **chicken** to pan. Add **sauce mixture** and cook, tossing, until coated and heated through.



Cook the fried rice

- Return frying pan to high heat with a drizzle of **olive oil**. Cook **diced bacon**, **carrot** and **green beans**, breaking up **bacon** with a spoon, until golden, **5-7 minutes**.
- Stir in **microwavable basmati rice**, **garlic** and the **soy sauce (for the rice)**. Cook until warmed through, **2-3 minutes**. Remove from heat.
- Return scrambled **egg** to pan, tossing to combine. Season taste.
- Transfer to a bowl and cover to keep warm.



Serve up

- Divide **bacon**, **egg** and **veggie fried rice** between bowls.
- Top with sticky sesame lemon chicken. Spoon over sauce from pan to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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