



Sweet Chilli Chicken Rice Bowl

with Pickled Onion & Toasted Sesame Dressing

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Red Onion



Capsicum



Asian Greens



Cucumber



Chicken Breast



Sesame Seeds



Mayonnaise



Sweet Chilli Sauce



Crushed Peanuts

Hands-on: **30-40 mins**
Ready in: **35-45 mins**

Eat me early

This nutty delight uses sesame seeds, peanuts and sweet chilli sauce to top a flavourful mix of veggies and sliced chicken breast for a crave-worthy dinner that's as pretty as a picture.

Pantry items

Olive Oil, Butter, Rice Wine Vinegar, Sesame Oil (or oil), Soy Sauce, 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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 packet	2 packets
salt*	¼ tsp	½ tsp
red onion	½	1
rice wine vinegar* (for the pickle)	¼ cup	½ cup
capsicum	1	2
Asian greens	1 bunch	2 bunches
cucumber	1	2
chicken breast	1 packet	1 packet
sesame seeds	2 sachets	4 sachets
mayonnaise	1 packet (40g)	2 packets (80g)
sesame oil* (or oil)	2 tsp	1 tbs
soy sauce* (or gluten-free tamari soy sauce)	1½ tsp	3 tsp
sugar*	1 tsp	2 tsp
rice wine vinegar* (for the dressing)	1 tsp	2 tsp
sweet chilli sauce	1 tub (50g)	1 tub (100g)
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4100kJ (980Cal)	667kJ (159Cal)
Protein (g)	53.2g	8.7g
Fat, total (g)	46.9g	7.6g
- saturated (g)	11.7g	1.9g
Carbohydrate (g)	85.2g	13.9g
- sugars (g)	20.5g	3.3g
Sodium (g)	963mg	157mg

Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Cook the garlic rice

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** over a medium heat. Add the **garlic** and cook until fragrant, **1 minute**. Add the **water**, **jasmine rice** and the **salt**, stir, and bring to the boil. Cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove from the heat and set aside, 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!



4. Make the sesame dressing

Heat a large frying pan over a medium-high heat. Add the **sesame seeds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl. Add the **mayonnaise**, **sesame oil**, **soy sauce**, **sugar** and **rice wine vinegar (for the dressing)**. Mix well and set aside.

TIP: The hot sesame seeds might sizzle in the sauce, this adds to the flavour!



2. Pickle the onion

While the rice is cooking, thinly slice the **red onion** (see ingredients list). In a small bowl, combine the **rice wine vinegar (for the pickle)**, a **generous pinch** of **salt** and a **generous pinch** of **sugar**. Scrunch the **onion** in your hands then add to the pickling liquid. Add **enough water** to cover the **onion**, stir to coat, then set aside until just before serving.



3. Get prepped

While the onion is pickling, roughly chop the **capsicum**. Roughly chop the **Asian greens**. Thinly slice the **cucumber** into half-moons. Cut the **chicken breast** into 1cm strips.



5. Cook the veggies & chicken

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **capsicum** and cook until tender, **3 minutes**. Add the **Asian greens** and cook until wilted, **2 minutes**. Season to taste with **salt** and **pepper** and transfer to a plate. Return the pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **chicken** and cook, tossing occasionally, until cooked through, **4-5 minutes**. Remove from the heat and stir through the **sweet chilli sauce**.

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



6. Serve up

Drain the pickled onion. Divide the garlic rice between bowls and top with the sweet chilli chicken, capsicum, Asian greens and cucumber. Stir the sesame dressing until well combined and drizzle over the top. Sprinkle with the **crushed peanuts** and pickled onion.

Enjoy!