



Sticky Sweet & Sour Tamarind Chicken

with Garlic Rice & Asian Greens

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Fresh Chilli (Optional)



Green Beans



Asian Greens



Boneless Chicken Drumsticks



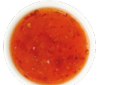
Sweet Soy Seasoning



Soy Sauce Mix



Tamarind Paste



Sweet Chilli Sauce



Crispy Shallots



Chicken Breast

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

Eat Me Early

A saucy chicken with rice needs an extra large bowl because more is more for this dish. With a sweet and sour tamarind sauce you're going to need an A-team of veggies and chicken to match it. A fluffy rice, fragrant with garlic, can help fill up the bowl and cradle the chicken and veggies.

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

Pantry items

Olive Oil, Butter, Brown Sugar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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	3 cloves	6 cloves
butter*	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
fresh chilli (optional)	½	1
green beans	1 bag (100g)	1 bag (200g)
Asian greens	1 bag	2 bags
boneless chicken drumsticks	1 packet	1 packet
sweet soy seasoning	1 sachet	2 sachets
soy sauce mix	1 packet (40g)	1 packet (80g)
tamarind paste	½ packet	1 packet
sweet chilli sauce	1 medium packet	1 large packet
brown sugar*	1 tsp	2 tsp
crispy shallots	1 packet	1 packet
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3000kJ (717Cal)	626kJ (150Cal)
Protein (g)	38.1g	7.9g
Fat, total (g)	18.4g	3.8g
- saturated (g)	9.1g	1.9g
Carbohydrate (g)	95.3g	19.9g
- sugars (g)	24g	5g
Sodium (mg)	2032mg	424mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3001kJ (717Cal)	626kJ (150Cal)
Protein (g)	42.4g	8.8g
Fat, total (g)	17g	3.5g
- saturated (g)	8.7g	1.8g
Carbohydrate (g)	96.1g	20g
- sugars (g)	24g	5g
Sodium (mg)	1997mg	416mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1 Cook the garlic rice

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

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



4 Cook the chicken

- Return the frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **chicken**, tossing, until browned and cooked through, **5-6 minutes**.
- Meanwhile, combine **soy sauce mix** and **tamarind paste** (see ingredients) in a small bowl, along with **sweet chilli sauce** and the **brown sugar**.

Custom Recipe: Return the frying pan to high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes.



2 Get prepped

- Meanwhile, thinly slice **fresh chilli** (if using). Trim **green beans**. Roughly chop **Asian greens**.
- Cut **boneless chicken drumsticks** into bite-sized chunks.
- In a medium bowl, combine **chicken**, **sweet soy seasoning** and a drizzle of **olive oil**.

Custom Recipe: If you've swapped to chicken breast, cut chicken breast into 2cm chunks. In a medium bowl, combine chicken, sweet soy seasoning and a drizzle of olive oil.



5 Add the tamarind sauce

- Reduce the heat to medium-low, then add **tamarind sauce mixture** and cook until slightly reduced, **1-2 minutes**.



3 Cook the greens

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **green beans**, tossing, until tender, **4-5 minutes**.
- Add **Asian greens** and remaining **garlic**, and cook until tender and fragrant, **1-2 minutes**. Season.
- Transfer to a plate and cover to keep warm.



6 Serve up

- Divide garlic rice and Asian greens between bowls.
- Top with sticky sweet and sour tamarind chicken.
- Garnish with **crispy shallots** and **fresh chilli** to serve. Enjoy!

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