

Chicken & Garlic-Corn Rice Bowl

with Slaw & Peri-Peri Aioli

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Chicken-Style Stock Powder



Sweetcorn



Chicken Thigh



Aussie Spice Blend



Peri Peri Sauce



Garlic Aioli



Slaw Mix



Salad Leaves




Chicken Breast

Recipe Update

Due to local availability, the ingredients you receive may be a little different to what's pictured. It'll be just as delicious, just follow your recipe card!

Prep in: 15-25 mins
Ready in: 20-30 mins

 Eat Me Early

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

Make sure to cover the pan when charring the corn, so as to not let any kernels pop out. You're going to need them to bring this garlic rice to the next level. Don't forget the honey-glazed chicken, let's amp it up with a peri-peri aioli for a burst of flavour.

Pantry items

Olive Oil, Honey, White Wine Vinegar

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
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
chicken-style stock powder	1 medium sachet	1 large sachet
sweetcorn	1 tin	1 tin
chicken thigh	1 small packet	2 small packets OR 1 large packet
Aussie spice blend	1 sachet	1 sachet
peri peri sauce	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet
honey*	½ tbs	1 tbs
slaw mix	1 bag (150g)	1 bag (300g)
white wine vinegar*	drizzle	drizzle
salad leaves	1 small bag	1 medium bag
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2956kJ (707Cal)	658kJ (157Cal)
Protein (g)	38.4g	8.5g
Fat, total (g)	28.3g	6.3g
- saturated (g)	5.5g	1.2g
Carbohydrate (g)	77.3g	17.2g
- sugars (g)	11.5g	2.6g
Sodium (mg)	1847mg	411mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2870kJ (686Cal)	638kJ (152Cal)
Protein (g)	42.9g	9.5g
Fat, total (g)	20.9g	4.6g
- saturated (g)	3.1g	0.7g
Carbohydrate (g)	77.3g	17.2g
- sugars (g)	11.5g	2.6g
Sodium (mg)	1828mg	407mg

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

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1



Make the garlic rice

- Finely chop **garlic**.
- Heat a medium saucepan with a drizzle of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water** and **chicken-style stock powder**, stir and bring to the boil. Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10 minutes**.

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

3



Cook the chicken

- 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**.
- Remove pan from heat, then add the **honey**, tossing **chicken** to coat.
- In a second medium bowl, combine **slaw mix** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

Little cooks: Take the lead by tossing the salad!

Custom Recipe: Cook the chicken breast chunks as above!

2



Get prepped

- While the rice is cooking, drain **sweetcorn**. Cut **chicken thigh** into 2cm chunks.
- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a bowl.
- In a medium bowl, combine **chicken**, **Aussie spice blend**, remaining **garlic** and a drizzle of **olive oil**.
- In a small bowl, combine **peri peri sauce** and **garlic aioli**. Season to taste.

Custom Recipe: If you've swapped from chicken thigh to chicken breast, prep and flavour chicken in the same way as above.

4



Serve up

- To the rice, add **salad leaves** and charred corn, then stir to combine.
- Divide garlic-corn rice between bowls. Top with chicken and slaw.
- Dollop over peri peri aioli to serve. Enjoy!

Little cooks: Add the finishing touch by drizzling over the aioli!

Rate your recipe

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