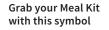


Chicken & Garlic-Corn Rice Bowl

with Slaw & Peri-Peri Aioli

KID FRIENDLY











Chicken-Style



Stock Powder





Chicken Thigh



Aussie Spice

Blend



Peri Peri



Sauce





Slaw Mix



Salad Leaves





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

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

in ign concrite			
	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

Per Serving	Per 100g
2956kJ (707Cal)	658kJ (157Cal)
38.4g	8.5g
28.3g	6.3g
5.5g	1.2g
77.3g	17.2g
11.5g	2.6g
1847mg	411mg
	2956kJ (707Cal) 38.4g 28.3g 5.5g 77.3g 11.5g

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





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!



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!

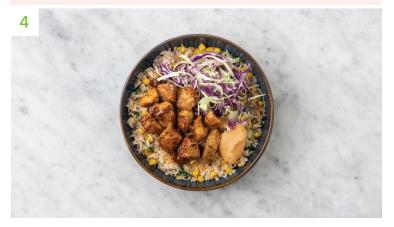
Custom Recipe: Cook the chicken breast chunks as above!



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.



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!



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