



Plant-Based Crumbed Chicken & Korean Sauce

with Sesame Veggies & Garlic Rice

ALTERNATIVE PROTEIN

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Carrot



Celery



Asian Greens



Sesame Seeds



Plant-Based Crumbed Chicken Tenders



Korean Stir-Fry Sauce



Crispy Shallots



Beef Rump

Prep in: 20-30 mins
Ready in: 30-40 mins



Plant Based*

*Custom Recipe is not Plant Based

Plant-based crumbed chicken is so eye catching that we can't refuse, especially if you're serving with a moreish garlic rice and a sauce that's the talk of the town. There's no way anyone could miss this dinner!

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

Pantry items

Olive Oil, Plant-Based Butter

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
plant-based butter*	20g	40g
basmati rice	1 packet	1 packet
water* (for the rice)	1½ cups	3 cups
carrot	1	2
celery	1 stalk	2 stalks
Asian greens	1 bunch	2 bunches
sesame seeds	1 sachet	1 sachet
plant-based crumbed chicken tenders	1 packet	2 packets
Korean stir-fry sauce	1 medium packet	1 large packet
water* (for the sauce)	½ cup	1 cup
crispy shallots	1 medium packet	1 large packet
beef rump**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4345kJ (1038Cal)	838kJ (200Cal)
Protein (g)	32.1g	6.2g
Fat, total (g)	50.9g	9.8g
- saturated (g)	12.1g	2.3g
Carbohydrate (g)	108.2g	20.9g
- sugars (g)	13.8g	2.7g
Sodium (mg)	1768mg	341mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3164kJ (756Cal)	610kJ (146Cal)
Protein (g)	41.5g	8g
Fat, total (g)	26.6g	5.1g
- saturated (g)	12.1g	2.3g
Carbohydrate (g)	83.3g	16.1g
- sugars (g)	12.3g	2.4g
Sodium (mg)	988mg	191mg

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

2024 | CW08



1



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **plant-based butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water (for the rice)** and a generous pinch of **salt**, stir, then 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!

4



Cook the plant-based chicken

- Return frying pan to medium-high heat with enough **olive oil** to coat the base. Cook **plant-based crumbed chicken tenders** until golden and heated through, **2-3 minutes** on each side. Transfer to a paper towel-lined plate.

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef, turning, for 5-6 minutes (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

2



Get prepped

- Meanwhile, thinly slice **carrot** into half-moons. Thinly slice **celery**. Roughly chop **Asian greens**.

5



Make the Korean sauce

- Wipe out the frying pan and return to medium-high heat with a drizzle of **olive oil**. Add remaining **garlic** and cook, until fragrant, **1 minute**.
- Add **Korean stir-fry sauce** and the **water (for the sauce)** and simmer, stirring, until slightly reduced, **1-2 minutes**.

3



Cook the sesame veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **carrot** and **celery** until tender, **4-5 minutes**.
- Add **Asian greens** and **sesame seeds** and cook until tender and fragrant, **2-3 minutes**. Season to taste.
- Transfer to a bowl and cover to keep warm.

Custom Recipe: If you've upgraded to beef rump, place beef rump between two sheets of baking paper. Pound beef with a meat mallet or rolling pin until slightly flattened. Season beef with salt and pepper.

6



Serve up

- Divide garlic rice between bowls.
- Top with sesame veggies and crumbed plant-based chicken.
- Drizzle over Korean sauce and garnish with **crispy shallots**. Enjoy!

Custom Recipe: Slice beef rump to serve.

Rate your recipe

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