

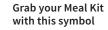
# Plant-Based Crumbed Chicken & Korean Sauce

with Sesame Veggies & Garlic Rice

ALTERNATIVE PROTEIN

NEW

**CLIMATE SUPERSTAR** 















Carrot





Sesame Seeds

Celery

Asian Greens



Crumbed Chicken Tenders



Korean Stir-Fry



**Crispy Shallots** 



Sauce

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** 

### 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

| mig. Calci.                               |                 |                                      |
|---|-----------------|--------------------------------------|
|   | 2 People        | 4 People                             |
| olive oil*                                | refer to method | refer to method                      |
| garlic                                    | 3 cloves        | 6 cloves                             |
| plant-based<br>butter*                    | 20g             | 40g                                  |
| basmati rice                              | 1 packet        | 1 packet                             |
| water*<br>(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<br>crumbed chicken<br>tenders | 1 packet        | 2 packets                            |
| Korean stir-fry sauce                     | 1 medium packet | 1 large packet                       |
| water*<br>(for the sauce)                 | ½ cup           | 1 cup                                |
| crispy shallots                           | 1 medium packet | 1 large packet                       |
| beef rump**                               | 1 small packet  | 2 small packets<br>OR 1 large packet |

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

| Per Serving      | Per 100g   |
|------------------|--|
| 4345kJ (1038Cal) | 838kJ (200Cal)   |
| 32.1g            | 6.2g   |
| 50.9g            | 9.8g   |
| 12.1g            | 2.3g   |
| 108.2g           | 20.9g  |
| 13.8g            | 2.7g   |
| 1768mg           | 341mg  |
|                  | 4345kJ (1038Cal)<br>32.1g<br>50.9g<br>12.1g<br>108.2g<br>13.8g |

#### **Custom Recipe**

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Avg Qtg          | Fel Sel VIIIg   | Fei 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



# 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!



### 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.



### Get prepped

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



## 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.



### 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.



### 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.



Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate

