



# 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
<b>olive oil*</b>	refer to method	refer to method
garlic	3 cloves	6 cloves
<b>plant-based butter*</b>	20g	40g
basmati rice	1 packet	1 packet
<b>water*</b> (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
<b>water*</b> (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](https://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



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## 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

Did we make your tastebuds happy?

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