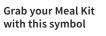


Herby Chicken & Hummus Sauce

with Garlic Rice & Cucumber Salad

MEDITERRANEAN

CLIMATE SUPERSTAR













Radish

Cucumber



Diced Chicken



Garlic & Herb

Seasoning





Yoghurt

Hummus



Mixed Salad Leaves





Prep in: 25-35 mins Ready in: 30-40 mins

Eat Me Early



This meal is all Mediterranean vibes, with spiced chicken and garlicky rice dressed in a fresh and tasty hummus sauce. Accompanied by a crunchy cucumber salad, every bite is a passport to sunny shores and savoury delights!

Olive Oil, Butter, 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

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
garlic	3 cloves	6 cloves	
butter*	15g	30g	
water*	1¼ cups	2½ cups	
jasmine rice	1 medium packet	1 large packet	
cucumber	1	1	
radish	1	2	
diced chicken	1 medium packet	2 medium packets OR 1 large packet	
garlic & herb seasoning	1 medium sachet	1 large sachet	
hummus	1 medium packet	1 large packet	
Greek-style yoghurt	1 medium packet	1 large packet	
honey*	1 tsp	2 tsp	
mixed salad leaves	1 small packet	1 medium packet	
white wine vinegar*	drizzle	drizzle	
Mediterranean haloumi**	1 packet	2 packets	

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2575kJ (615Cal)	600kJ (143Cal)
Protein (g)	45.2g	10.5g
Fat, total (g)	12.9g	3g
- saturated (g)	5.2g	1.2g
Carbohydrate (g)	80g	18.6g
- sugars (g)	9.8g	2.3g
Sodium (mg)	670mg	156mg
Custom Recipe		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3904kJ (933Cal)	738kJ (176Cal)
Protein (g)	67.2g	12.7g
Fat, total (g)	37.9g	7.2g
- saturated (g)	21.8g	4.1g
Carbohydrate (g)	81.8g	15.5g
- sugars (g)	11g	2.1g
Sodium (mg)	1670mg	316mg

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 | CW12



Make the garlic rice

- Finely chop garlic.
- In a medium saucepan, heat the butter with a dash of olive oil over medium heat. Cook half the garlic until fragrant, 1-2 minutes.
- Add the **water** and a generous pinch of **salt** to pan and bring to the boil.
- Add jasmine rice, stir, cover with a lid and reduce heat to low. Cook for 12 minutes, then remove from heat and keep covered until rice is tender and water is absorbed, 10-15 minutes.

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



Cook the chicken

- When the rice has 5 minutes remaining, 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 (when no longer pink inside), 5-6 minutes.
- Remove pan from heat, then add the honey and toss to coat.

Custom Recipe: If you've added Mediterranean haloumi, pat haloumi dry with a paper towel. Before cooking chicken, return pan to mediumhigh heat with a drizzle of olive oil. When oil is hot, cook haloumi until golden brown, 1-2 minutes each side. Transfer to a plate. Continue with recipe.



Get prepped

- Meanwhile, thinly slice cucumber into half-moons. Thinly slice radish.
- In a medium bowl, combine diced chicken, garlic & herb seasoning and a drizzle of olive oil.



Make the hummus sauce

- In a large frying pan, heat a drizzle of olive oil and the remaining garlic over medium-high heat. Cook until fragrant, 1 minute.
- Transfer garlic oil to a small bowl.
- Add hummus and Greek-style yoghurt to the garlic oil and stir to combine. Season with salt and pepper.



Toss the salad

 Meanwhile, in a second medium bowl, combine cucumber, radish, mixed salad leaves and a drizzle of white wine vinegar and olive oil.
 Season to taste.



Serve up

- · Divide garlic rice between bowls.
- Top with herby chicken and cucumber salad.
- Dollop with hummus sauce to serve. Enjoy!

Custom Recipe: Top garlic rice with the haloumi, chicken and salad.



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