



Herby Chicken & Hummus Sauce with Garlic Rice & Cucumber Salad

MEDITERRANEAN

CLIMATE SUPERSTAR

Grab your Meal Kit
with this symbol



Garlic



Jasmine Rice



Cucumber



Radish



Diced Chicken



Garlic & Herb
Seasoning



Hummus



Greek-Style
Yoghurt



Mixed Salad
Leaves



Mediterranean
Haloumi

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

Calorie Smart*
**Custom Recipe is
not Calorie Smart*

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!

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

Pantry items

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

	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



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 medium-high 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**.



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.



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**.



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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