



Southeast Asian Sweet Chilli Chicken Bowl

with Creamy Pear Slaw, Rice & Crispy Shallots

EXPLORER

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Jasmine Rice



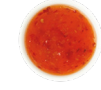
Pear



Chicken Drumstick Fillet



Southeast Asian Spice Blend



Sweet Chilli Sauce



Asian Slaw Mix



Garlic Aioli



Crispy Shallots



Beef Strips

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

Eat Me Early

This saucy and sticky delight uses Southeast Asian spices and sweet chilli sauce to coat juicy chicken for abundant flavours you could only dream of. The pear slaw provides a refreshing crunch, and steamed jasmine rice acts as the perfect vehicle to soak up that sauce!

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

Pantry items

Olive Oil, Soy Sauce, Vinegar (White Wine or Rice Wine)

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
jasmine rice	1 medium packet	1 large packet
pear	1	2
chicken drumstick fillet	1 medium packet	2 medium packets OR 1 large packet
Southeast Asian spice blend	1 medium packet	2 medium packets
soy sauce*	1 tbs	2 tbs
sweet chilli sauce	1 medium packet	2 medium packets
water*	2 tbs	¼ cup
Asian slaw mix	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet
vinegar* (white wine or rice wine)	drizzle	drizzle
crispy shallots	1 medium packet	1 large packet
beef strips**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3263kJ (780Cal)	746kJ (178Cal)
Protein (g)	36.9g	8.4g
Fat, total (g)	26.2g	6g
- saturated (g)	5.1g	1.2g
Carbohydrate (g)	96g	21.9g
- sugars (g)	25.4g	5.8g
Sodium (mg)	694mg	159mg
Dietary Fibre (g)	8.9g	2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3315kJ (792Cal)	824kJ (197Cal)
Protein (g)	36.8g	9.1g
Fat, total (g)	28g	7g
- saturated (g)	6.5g	1.6g
Carbohydrate (g)	96g	23.9g
- sugars (g)	25.4g	6.3g
Sodium (mg)	610mg	152mg
Dietary fibre (g)	8.9g	2.2g

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 | CW17



1



Cook the rice

- Boil the kettle.
- Half-fill a medium saucepan with boiling water. Add **jasmine rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12-14 minutes**.
- Drain, rinse with warm water and set aside.

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

3



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**. Transfer to a plate.
- Wipe out the frying pan, then return to medium heat with the **soy sauce**, **sweet chilli sauce** and the **water**. Stir until slightly reduced, **1-2 minutes**.
- Return **chicken** to the pan and toss to coat.

TIP: Chicken is cooked through when it's no longer pink inside.

Custom Recipe: Heat frying pan as above. When oil is hot, cook beef strips in batches, tossing, until browned and cooked through, 1-2 minutes. Transfer to a plate. Continue with recipe as above.

2



Get prepped

- Meanwhile, thinly slice **pear** into sticks. Cut **chicken drumstick fillets** into 2cm chunks.
- In a medium bowl, combine **Southeast Asian spice blend**, a pinch of **salt** and a drizzle of **olive oil**. Add **chicken**, toss to coat.

Custom Recipe: If you've swapped to beef strips, discard any liquid from packaging. Flavour beef as above.

4



Serve up

- In a large bowl, combine **Asian slaw mix**, pear, **garlic aioli** and a drizzle of **vinegar** and olive oil. Season to taste.
- Divide rice and pear slaw between bowls. Top with Southeast Asian sweet chilli chicken. Spoon over any remaining sauce from pan.
- Garnish with **crispy shallots** to serve. Enjoy!

Rate your recipe

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