



Sweet Chilli Chicken & Garlic Rice

with No-Prep Veggie Stir-Fry & Crispy Shallots

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic Paste



Jasmine Rice



Chicken Drumstick Fillet



Asian Stir-Fry Mix



Garlic & Herb Seasoning



Sweet Chilli Sauce



Crispy Shallots



Mayonnaise



Peeled Prawns

Prep in: 15-25 mins
Ready in: 30-40 mins

Eat Me Early

There's a lot you can do with a good sauce, so let's take a look at the one we have for tonight? That's right, we have a craving for sweet chilli, so glaze it over chicken and pile on the fragrant rice and stir-fried veggies for another sauce-tastic dinner!

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

Pantry items

Olive Oil, Butter, Plain Flour

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
butter*	20g	40g
garlic paste	1 medium packet	2 medium packets
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
chicken	1 medium packet	2 medium packets
drumstick fillet	1 medium packet	OR 1 large packet
Asian stir-fry mix	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
plain flour*	2 tsp	4 tsp
sweet chilli sauce	1 small packet	1 medium packet
crispy shallots	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
peeled prawns**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3671kJ (877Cal)	752kJ (180Cal)
Protein (g)	39.4g	8.1g
Fat, total (g)	33.7g	6.9g
- saturated (g)	11.8g	2.4g
Carbohydrate (g)	100.2g	20.5g
- sugars (g)	18.3g	3.8g
Sodium (mg)	1461mg	299mg
Dietary Fibre (g)	11.1g	2.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3277kJ (783Cal)	766kJ (183Cal)
Protein (g)	24.3g	5.7g
Fat, total (g)	27.6g	6.4g
- saturated (g)	10.1g	2.4g
Carbohydrate (g)	101.2g	23.6g
- sugars (g)	19.3g	4.5g
Sodium (mg)	1978mg	462mg
Dietary fibre	12.1g	2.8g

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 | CW19



1



Make the garlic rice

- In a medium saucepan, heat **butter** with a dash of **olive oil** over medium heat. Cook half the **garlic paste** until fragrant, **1-2 minutes**.
- Add the **water** and a generous pinch of **salt** 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!

Little cooks: Older kids can help add the rice to the saucepan under adult supervision. Be careful, the water is boiling!

3



Cook the chicken

- While veggies are cooking, combine **garlic & herb seasoning**, the **plain flour** and a pinch of **salt** in a medium bowl. Add **chicken** and toss to coat.
- Return frying pan to high heat with a drizzle of **olive oil**. Cook **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**. Add **sweet chilli sauce**, toss to coat and cook until slightly reduced, **1 minute**.

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

Custom Recipe: If you've upgraded to peeled prawns, flavour as above. Heat pan over medium-high heat with a drizzle of olive oil. Cook prawns, tossing, until pink and starting to curl up, 3-4 minutes. Continue with recipe.

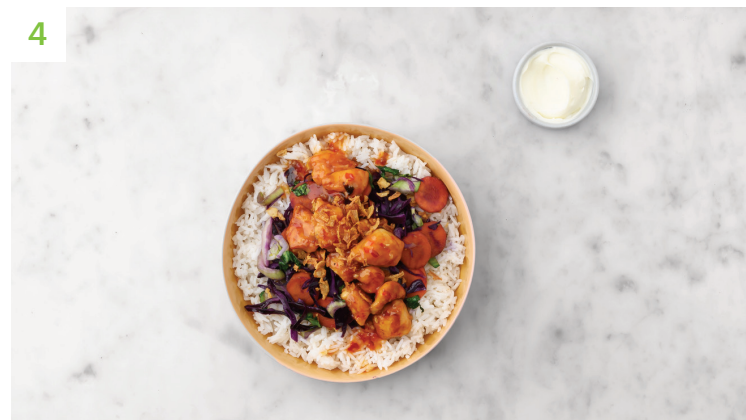
2



Cook the veggies

- While rice is cooking, cut **chicken drumstick fillet** into 2cm chunks.
- When the rice has **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **Asian stir-fry mix** until tender, **4-5 minutes**.
- Add remaining **garlic paste** and cook until fragrant, **1 minute**. Season. Transfer to a bowl and cover to keep warm.

4



Serve up

- Divide garlic rice between bowls. Top with stir-fried veggies and sweet chilli chicken.
- Garnish with **crispy shallots** and serve with **mayonnaise**. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the garnish!

Rate your recipe

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