

# Sweet & Salty Popcorn Chicken

with Garlic Rice & Sesame Veggies

FEEL-GOOD TAKEAWAY

KID FRIENDLY

Grab your meal kit with this number

32



Garlic



Jasmine Rice



Carrot



Baby Broccoli



Chicken Breast



Cornflour



Seasoning Blend



Oyster Sauce



Sesame Seeds



Baby Leaves



Chicken Thigh



Chicken Breast

Prep in: 20-30 mins  
Ready in: 30-40 mins

Calorie Smart

Eat Me Early

Tonight's chicken is really 'popping off' (please forgive the pun). A touch of sweet and a zap of salty and you've got chicken that will be popping with flavour (sorry we couldn't help it). Fragrant garlic rice helps to absorb the sauces and sesame veggies. It's bound to be a pop-ular dish (okay we're done now).

### Pantry items

Olive Oil, Butter, Soy Sauce, Honey



## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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                           | 4 cloves        | 8 cloves                              |
| <b>butter*</b>                   | 20g             | 40g                                   |
| <b>water*</b><br>(for the rice)  | 1¼ cups         | 2½ cups                               |
| jasmine rice                     | 1 medium packet | 1 large packet                        |
| carrot                           | 1               | 2                                     |
| baby broccoli                    | ½ medium bunch  | 1 medium bunch                        |
| chicken breast                   | 1 medium packet | 2 medium packets<br>OR 1 large packet |
| cornflour                        | ½ packet        | 1 packet                              |
| seasoning blend                  | ½ packet        | 1 packet                              |
| oyster sauce                     | 1 medium packet | 1 large packet                        |
| <b>soy sauce*</b>                | 1 tsp           | 2 tsp                                 |
| <b>honey*</b>                    | 2 tbs           | ¼ cup                                 |
| <b>water*</b><br>(for the sauce) | 1 tbs           | 2 tbs                                 |
| sesame seeds                     | 1 medium sachet | 1 large sachet                        |
| baby leaves                      | 1 small packet  | 1 medium packet                       |

\*Pantry Items

## Nutrition

| Avg Qty           | Per Serving     | Per 100g       |
|-------------------|-----------------|----------------|
| Energy (kJ)       | 2169kJ (518Cal) | 438kJ (105Cal) |
| Protein (g)       | 46.3g           | 9.4g           |
| Fat, total (g)    | 15.3g           | 3.1g           |
| - saturated (g)   | 7g              | 1.4g           |
| Carbohydrate (g)  | 48.9g           | 9.9g           |
| - sugars (g)      | 13.7g           | 2.8g           |
| Sodium (mg)       | 1767mg          | 357mg          |
| Dietary Fibre (g) | 6.2g            | 1.3g           |

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 | CW29



## 1 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 **water (for the rice)** and a generous pinch of **salt**, then 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!



## 4 Cook the chicken

- Wipe out the frying pan, then return to high heat with a generous drizzle of **olive oil**. When oil is hot, cook **chicken** in batches, tossing, until browned and cooked through, **5-6 minutes**.

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



## 2 Get prepped

- Meanwhile, thinly slice **carrot** into half-moons. Halve thick stalks of **baby broccoli** lengthways. Cut **chicken breast** into 2cm chunks.
- In a medium bowl, combine **cornflour (see ingredients)** and **seasoning blend (see ingredients)**. Add **chicken** and toss to coat.
- In a small bowl, combine **oyster sauce**, the **soy sauce**, **honey** and **water (for the sauce)**. Set aside.

**Little cooks:** Take charge by combining the sauces!



## 5 Make it saucy

- Reduce heat to low, then add **oyster sauce mixture** and return cooked **chicken** to the pan, tossing, until combined and slightly thickened, **1-2 minutes**.



## 3 Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **baby broccoli**, until tender, **4-6 minutes**.
- Stir through **sesame seeds**, **baby leaves** and the remaining **garlic** until fragrant and wilted, **1 minute**. Season to taste.
- Transfer to a plate and cover to keep warm.



## 6 Serve up

- Divide garlic rice between bowls.
- Top with sweet and salty popcorn chicken and sesame veggies to serve. Enjoy!

CUSTOM  
OPTIONS



**SWAP TO CHICKEN THIGH**  
Follow method above.



**DOUBLE CHICKEN BREAST**  
Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

