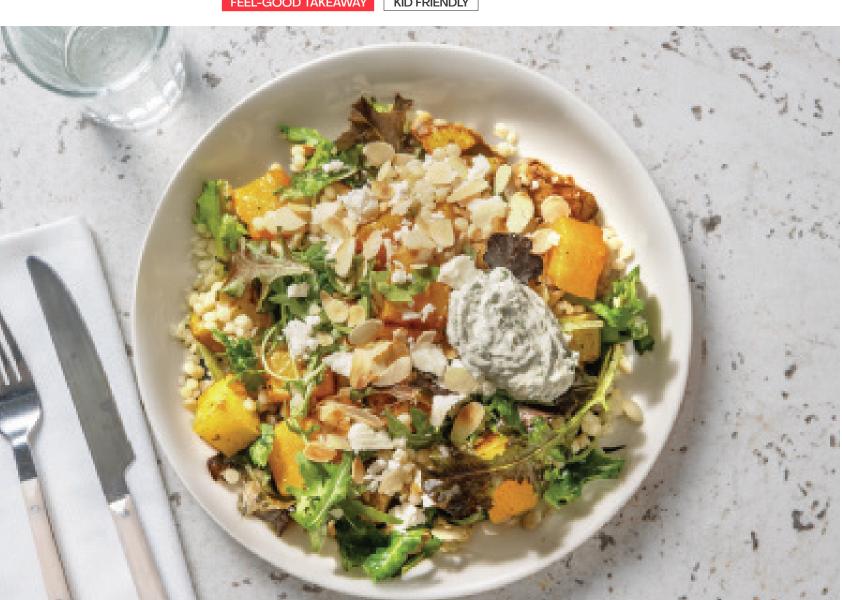
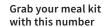


# Sweet & Salty Popcorn Chicken with Garlic Rice & Sesame Veggies

FEEL-GOOD TAKEAWAY

KID FRIENDLY













Baby Broccoli

Carrot





Cornflour

Chicken Breast





Seasoning Blend



Sesame Seeds



**Oyster Sauce** 

**Baby Leaves** 





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



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).



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

3		
	2 People	4 People
olive oil*	refer to method	refer to method
garlic	4 cloves	8 cloves
butter*	20g	40g
water* (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 OR 1 large packet
cornflour	½ packet	1 packet
seasoning blend	½ packet	1 packet
oyster sauce	1 medium packet	1 large packet
soy sauce*	1 tsp	2 tsp
honey*	2 tbs	¼ cup
water* (for the sauce)	1 tbs	2 tbs
sesame seeds	1 medium sachet	1 large sachet
baby leaves	1 small packet	1 medium packet

<sup>\*</sup>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** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



# 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!



# 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.



# 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!



# 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.



## Make it saucy

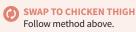
 Reduce heat to low, then add oyster sauce mixture and return cooked chicken to the pan, tossing, until combined and slightly thickened,
 1-2 minutes.



#### Serve up

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







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

