

Plant-Based Crumbed Chick'n & Korean Sauce

with Sesame Veggies & Garlic Rice

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your meal kit with this number

31



Garlic



Jasmine Rice



Carrot



Celery



Asian Greens



Sesame Seeds



Plant-Based Crumbed Chicken Tenders



Korean Stir-Fry Sauce



Crispy Shallots



Beef Rump



Chicken Breast Strips

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

Plant Based

Plant-based crumbed chick'n is so eye catching that we can't refuse, especially if you're serving with a moreish garlic rice and a Korean sauce that's the talk of the town. There's no way anyone could miss this dinner!

Pantry items

Olive Oil, Plant-Based Butter

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
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
plant-based butter*	20g	40g
jasmine rice	1 medium packet	1 large packet
water* (for the rice)	1¼ cups	2½ cups
carrot	1	2
celery	1 stalk	2 stalks
Asian greens	1 packet	2 packets
sesame seeds	1 medium sachet	1 large sachet
plant-based crumbed chicken tenders	1 packet	2 packets
Korean stir-fry sauce	1 medium packet	1 large packet
water* (for the sauce)	½ cup	1 cup
crispy shallots	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4349kJ (1039cal)	417kJ (100cal)
Protein (g)	32g	3.1g
Fat, total (g)	50.8g	4.9g
- saturated (g)	12.1g	1.2g
Carbohydrate (g)	108.7g	10.4g
- sugars (g)	13.8g	1.3g
Sodium (mg)	1768mg	169.5mg
Dietary Fibre (g)	10g	1g

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 | CW37



1



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **plant-based butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add **jasmine rice**, the **water (for the rice)** and a pinch of **salt**, stir, then bring to the boil.
- Reduce heat to low and cover with a lid. 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!

4



Cook the plant-based chicken

- Return frying pan to medium-high heat with enough **olive oil** to coat the base. Cook **plant-based crumbed chicken tenders** until golden and heated through, **2-3 minutes** on each side. Transfer to a paper towel-lined plate.

2



Get prepped

- Meanwhile, thinly slice **carrot** into half-moons.
- Thinly slice **celery**.
- Roughly chop **Asian greens**.

5



Make the Korean sauce

- Wipe out the frying pan and return to medium-high heat with a drizzle of **olive oil**. Add remaining **garlic** and cook until fragrant, **1 minute**.
- Add **Korean stir-fry sauce** and the **water (for the sauce)** and simmer, stirring, until slightly reduced, **1-2 minutes**.

3



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **carrot** and **celery** until tender, **4-5 minutes**.
- Add **Asian greens** and **sesame seeds** and cook until tender and fragrant, **2-3 minutes**. Season to taste.
- Transfer to a bowl and cover to keep warm.

6



Serve up

- Divide garlic rice between bowls.
- Top with sesame veggies and crumbed plant-based chick'n.
- Drizzle with Korean sauce and garnish with **crispy shallots** to serve. Enjoy!

CUSTOM OPTIONS



SWAP TO BEEF RUMP

Cook, turning, for 4-6 minutes for medium. Rest then slice before serving.



SWAP TO CHICKEN BREAST STRIPS

Follow method above, cooking until browned and cooked through, 3-4 minutes. Continue with recipe.

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

