



Sweet Chilli Crumbed Chicken & Broccoli

with Garlic Rice

NEW

AIR FRYER FRIENDLY

Grab your meal kit with this number

12



Carrot



Garlic



Chicken Breast



Jasmine Rice



Broccoli Florets



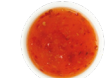
Sweet Soy Seasoning



Panko Breadcrumbs



Sesame Seeds



Sweet Chilli Sauce



Pork Schnitzel



Peeled Prawns

Prep in: 20-30 mins
Ready in: 25-35 mins

Eat Me Early

Chicken, broccoli and rice - it's a staple trio for many, but could do with an upgrade! We've done just that, adding an Asian-spiced sesame crumb to the juicy chicken breast. If that wasn't enough to tempt you, we think a sticky sweet chilli-soy glaze drizzled all over gives this meal a winning edge!

Pantry items

Olive Oil, Butter, Plain Flour, Egg, Soy Sauce

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 · Air fryer or large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
garlic	2 cloves	4 cloves
butter*	20g	40g
chicken breast	1 medium packet	2 medium packets OR 1 large packet
jasmine rice	1 medium packet	1 large packet
broccoli florets	1 medium packet	1 large packet
plain flour*	2 tbs	¼ cup
sweet soy seasoning	1 sachet	2 sachets
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
sesame seeds	1 medium sachet	1 large sachet
sweet chilli sauce	1 medium packet	1 large packet
soy sauce*	1 tsp	2 tsp

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3243kJ (775cal)	314kJ (75cal)
Protein (g)	52.2g	5.1g
Fat, total (g)	32.1g	3.1g
- saturated (g)	9.9g	1g
Carbohydrate (g)	69.4g	6.7g
- sugars (g)	16.8g	1.6g
Sodium (mg)	961mg	93.1mg
Dietary Fibre (g)	8.2g	0.8g

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 | CW40



Get prepped

- Boil the kettle.
- Cut **carrot** into thin sticks. Finely chop **garlic**.
- In a small microwave-safe bowl, place the **butter** and **garlic** and microwave in **10 second** bursts until melted. Set aside.
- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.



Cook the chicken

- Meanwhile, in a shallow bowl, combine the **plain flour** and **sweet soy seasoning**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine **panko breadcrumbs**, **sesame seeds** and **olive oil** (2 tbs for 2 people / ¼ cup for 4 people). Dip **chicken** into **flour mixture** to coat, then into the **egg**, and finally into **breadcrumb mixture**. Set aside on a plate.
- Set your air fryer to **200°C**. Place **crumbed chicken** into the air fryer basket and cook, turning halfway, until golden and cooked through (when no longer pink inside), **12-15 minutes**.

TIP: No air fryer? Crumb as above, leaving the oil out of the panko mixture. Heat a large frying pan over medium-high heat with enough olive oil to coat the base. Cook crumbed chicken, until golden and cooked through, 3-5 minutes each side.

CUSTOM OPTIONS



SWAP TO PORK SCHNITZEL

Follow crumbing and cooking method above, turning halfway, until golden and cooked through, 6-8 minutes.



SWAP TO PEELED PRAWNS

Cook, tossing, until pink and starting to curl up, 3-4 minutes.



Cook the rice

- Half-fill a medium saucepan with boiling water.
- Add **jasmine rice** and a pinch of **salt**. Place a colander or steamer basket on top of saucepan and add **carrot** and **broccoli florets**. Cook covered with a lid, over high heat, until tender, **12-14 minutes**.
- Transfer **veggies** to a medium bowl, season to taste and cover to keep warm. Drain **rice**, return to saucepan and stir through **garlic butter**.



Serve up

- To a second small microwave-safe bowl add **sweet chilli sauce**, the **soy sauce** and a splash of water. Microwave in **10 second** bursts, until heated through.
- Divide garlic rice, crumbed chicken and steamed veggies between bowls. Drizzle over sticky sweet chilli sauce to serve. Enjoy!

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

