



Orange Sesame Chicken & Jasmine Rice

with Cucumber Salad

NEW

Grab your meal kit with this number

27



Jasmine Rice



Cucumber



Orange



Chicken Breast Strips



Sweet Soy Seasoning



Cornflour



Sesame Seeds



Baby Leaves



Peeled Prawns



Chicken Breast Strips

Recipe Update

We've replaced the mixed salad leaves in this recipe with baby leaves due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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

Calorie Smart

Protein Rich

Eat Me Early

Did someone say orange chicken? These sticky, sweet and sesame-coated pieces of golden juicy chicken are bringing back memories of takeaway meals from our childhood. And on the table in fifteen minutes? We don't think it gets much better than that!

Pantry items

Olive Oil, Plain Flour, Soy Sauce, Honey, Vinegar (White Wine or Rice Wine)

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
jasmine rice	1 medium packet	1 large packet
cucumber	½	1
orange	1	2
chicken breast strips	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	1 sachet	2 sachets
cornflour	1 packet	2 packets
plain flour*	1 tbs	2 tbs
sesame seeds	1 medium sachet	1 large sachet
soy sauce*	2 tsp	4 tsp
honey*	2 tsp	4 tsp
baby leaves	1 small packet	1 medium packet
vinegar* (white wine or rice wine)	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2167kJ (518cal)	186kJ (44cal)
Protein (g)	39.4g	3.4g
Fat, total (g)	13.9g	1.2g
- saturated (g)	2.8g	0.2g
Carbohydrate (g)	55.9g	4.8g
- sugars (g)	21.2g	1.8g
Sodium (mg)	543mg	46.6mg
Dietary Fibre (g)	6.3g	0.5g

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.



Cook the rice

- Boil the kettle. Half-fill a medium saucepan with **boiling water**.
- Add **jasmine rice** and a pinch of **salt** and cook, uncovered, over a high heat until tender, **12-14 minutes**.
- Drain, rinse with warm water and set aside.
- Meanwhile, slice **cucumber (see ingredients)** into half-moons.
- Juice the **orange**.



Bring it all together

- Wipe out and return frying pan to medium heat. Toast **sesame seeds**, until golden, **1-2 minutes**.
- Add **orange juice** and the **soy sauce** and **honey** and simmer until slightly reduced, **1-2 minutes**.
- In a medium bowl, combine **cucumber**, **baby leaves** and a drizzle of **vinegar** and **olive oil**. Season to taste.



Cook the chicken

- In a medium bowl, combine **chicken breast strips**, **sweet soy seasoning** and a drizzle of **olive oil**.
- Heat a large frying pan over medium-high heat with enough **olive oil** to cover the base. Meanwhile, add **cornflour** and the **plain flour** to the **chicken mixture** and toss to combine.
- When oil is hot, dust off any excess **flour** from **chicken**, then cook until browned and cooked through, **3-4 minutes** each side.
- Transfer to a paper towel-lined plate.

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



Serve up

- Divide jasmine rice between bowls.
- Top with chicken and pour over the orange sesame glaze.
- Serve with cucumber salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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CUSTOM OPTIONS



SWAP TO PEELED PRAWNS

Cook with a drizzle of oil, tossing, until pink and starting to curl up, 3-4 minutes.



DOUBLE CHICKEN BREAST STRIPS

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.

