



# Garlicky Chicken & Cauliflower Rice

with Apple Salad & Creamy Pesto Dressing

CLIMATE SUPERSTAR

NEW

Grab your meal kit with this number

27



Garlic



Carrot



Cauliflower Rice



Chicken-Style Stock Powder



Garlic & Herb Seasoning



Chicken Breast Strips



Onion Chutney



Apple



Mixed Salad Leaves



Creamy Pesto Dressing



Grated Parmesan Cheese



Halloumi/Grill Cheese

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

Carb Smart

Protein Rich

Eat Me Early

This beaming bowl of goodness is packed with colours and flavours! Herby, garlicky chicken in an onion chutney marinade sits atop a bed of fluffy, carrot-speckled cauliflower rice with a crisp apple salad and a creamy green pesto dressing. We can't wait to dive in.

### Pantry items

Olive Oil, Butter, Honey, Balsamic Vinegar

## 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

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	1 clove	2 cloves
carrot	1	2
<b>butter*</b>	20g	40g
cauliflower rice	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
garlic & herb seasoning	1 medium sachet	1 large sachet
chicken breast strips	1 medium packet	2 medium packets OR 1 large packet
onion chutney	1 medium packet	1 large packet
apple	1	2
mixed salad leaves	1 small packet	1 medium packet
<b>honey*</b>	1 tsp	2 tsp
<b>balsamic vinegar*</b>	drizzle	drizzle
creamy pesto dressing	1 medium packet	2 medium packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2118kJ (506cal)	213kJ (51cal)
Protein (g)	36.1g	3.6g
Fat, total (g)	26.8g	2.7g
- saturated (g)	8.5g	0.9g
Carbohydrate (g)	29.3g	3g
- sugars (g)	20.8g	2.1g
Sodium (mg)	1305mg	131.4mg
Dietary Fibre (g)	5.8g	0.6g

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 | CW44



## Cook cauliflower rice

- Finely chop **garlic**. Grate **carrot**.
- In a large frying pan, heat **butter** and a drizzle of **olive oil** over high heat.
- Cook **garlic** until fragrant, **1 minute**.
- Add **cauliflower rice**, **carrot** and **chicken-style stock powder** and cook, until softened, **2-4 minutes**.
- Transfer to serving bowls and cover to keep warm.



## Assemble salad

- While chicken is cooking, thinly slice **apple** into wedges.
- In a bowl combine **apple**, **mixed salad leaves**, **honey**, a drizzle of **balsamic vinegar** and **olive oil**.
- Season to taste.



## Cook chicken

- Meanwhile, in a large bowl combine **garlic & herb seasoning** and a drizzle of **olive oil**. Add **chicken breast strips**, toss to coat.
- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **chicken** until charred and cooked through, **3-4 minutes** each side.
- In the last minute, add **onion chutney** to pan and turn to coat.

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



## Serve up

- Top cauliflower rice with garlicky chicken.
- Serve with apple salad.
- Top with **creamy pesto dressing**. Enjoy!

## CUSTOM OPTIONS

**+** **ADD GRATED PARMESAN CHEESE**  
Sprinkle over before serving.

**+** **ADD HALLOUMI**  
Cut into 1cm-thick slices. Cook with a drizzle of olive oil until golden brown, 1-2 minutes each side.

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

