

Plant-Based Crumbed Chick'n & Teriyaki 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 Chicken Style Tenders



Teriyaki Sauce



Crispy Shallots



Beef Rump



Plant-Based Chicken Style Tenders

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 it with a moreish garlic rice and a teriyaki 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* <i>(for the rice)</i>	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 chicken style tenders	1 packet	2 packets
teriyaki sauce	1 medium packet	1 large packet
water* <i>(for the sauce)</i>	½ cup	1 cup
crispy shallots	1 medium sachet	1 large sachet

*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.

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 chicken style 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**.

3



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **carrot** and **celery**, tossing, 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.

5



Make the sauce

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

6



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW48



CUSTOM OPTIONS



SWAP TO BEEF RUMP

Thinly slice into strips. Cook as above, for 1-2 minutes.



DOUBLE PLANT-BASED CHICKEN STYLE TENDERS

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.

