



Sticky Sweet & Sour Tamarind Chicken

with Garlic Rice & Asian Greens

TAKEAWAY FAVES

Grab your meal kit with this number

5



Garlic



Jasmine Rice



Baby Broccoli



Asian Greens



Fresh Chili (Optional)



Chicken Thigh



Sweet Soy Seasoning



Tamarind Paste



Soy Sauce Mix



Sweet Chilli Sauce



Crispy Shallots



Chicken Thigh



Beef Strips

Recipe Update

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

Prep in: 25-35 mins
Ready in: 30-40 mins

Calorie Smart

Protein Rich

Eat Me Early

A saucy chicken and rice duo needs an extra large bowl because more is more for this meal! With a sweet and sour tamarind sauce you're going to need an A-team of veggies and juicy chicken to match it. Fluffy garlic-infused rice can help fill up the bowl and soak up all that sauce.

Pantry items

Olive Oil, Butter, Brown Sugar

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 lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
baby broccoli	1 bunch	2 bunches
Asian greens	1 packet	2 packets
fresh chilli  (optional)	½	1
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	1 medium sachet	2 medium sachets
tamarind paste	½ medium packet	1 medium packet
soy sauce mix	1 medium packet	1 large packet
sweet chilli sauce	1 medium packet	1 large packet
brown sugar*	1 tsp	2 tbs
crispy shallots	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2263kJ (481cal)	481kJ (102cal)
Protein (g)	34.2g	7.3g
Fat, total (g)	24g	5.1g
- saturated (g)	11.1g	2.4g
Carbohydrate (g)	52.1g	11.1g
- sugars (g)	20.2g	4.3g
Sodium (mg)	1675mg	356.4mg
Dietary Fibre (g)	4.7g	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 | CW50



Cook the garlic rice

1. Finely chop **garlic**.
2. In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
3. Add the **water** and a generous pinch of **salt** to pan and bring to the boil.
4. Add **jasmine rice**, stir, cover with a lid and reduce heat to low. 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!



Cook the chicken

1. Return the frying pan to medium-high heat with a drizzle of **olive oil**.
2. When oil is hot, cook **chicken**, tossing, until browned, **5-6 minutes**.
3. Meanwhile, in a small bowl, combine **tamarind paste** (see ingredients), **soy sauce mix**, **sweet chilli sauce** and the **brown sugar**.

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



Get prepped

1. Meanwhile, trim **baby broccoli**. Halve any thicker stalks of **baby broccoli** lengthways.
2. Roughly chop **Asian greens**.
3. Thinly slice **fresh chilli** (if using).
4. Cut **chicken thigh** into bite-sized chunks.
5. In a medium bowl, combine **chicken**, **sweet soy seasoning** and a drizzle of **olive oil**.



Add the tamarind sauce

1. Reduce the heat to medium-low, then add **tamarind sauce mixture** to **chicken** and cook until slightly reduced, **1-2 minutes**.



Cook the greens

1. In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
2. Cook **baby broccoli**, tossing, until tender, **4-7 minutes**.
3. Add **Asian greens** and remaining **garlic**, and cook until tender and fragrant, **1-2 minutes**. Season to taste.
4. Transfer to a plate and cover to keep warm.



Serve up

1. Divide garlic rice and Asian greens between bowls. Top with sticky sweet and sour tamarind chicken.
2. Garnish with **crispy shallots** and **fresh chilli** to serve. Enjoy!

CUSTOM OPTIONS



DOUBLE CHICKEN THIGH

Follow method above, cooking in batches if necessary.



SWAP TO BEEF STRIPS

Cook in batches, tossing, until browned and cooked through, 1-2 minutes.

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

