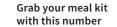
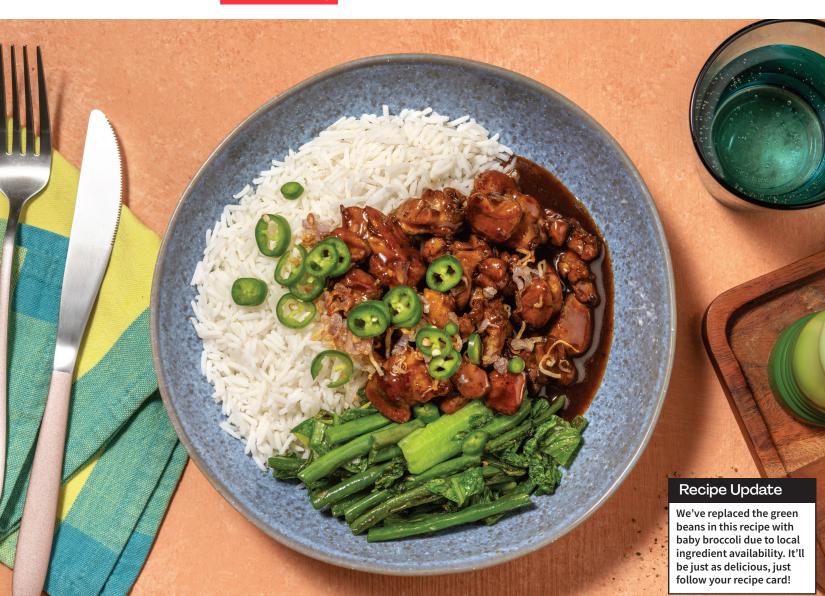


# Sticky Sweet & Sour Tamarind Chicken with Garlic Rice & Asian Greens

TAKEAWAY FAVES















Baby Broccoli

Asian Greens





(Optional)







Seasoning

**Tamarind Paste** 





Sweet Chilli Sauce



Crispy Shallots







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

Eat Me Early



Calorie Smart



**Protein Rich** 

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

in ign concrite			
	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)	1/2	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	

<sup>\*</sup>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.



# Cook the garlic rice

- Finely chop garlic.
- 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.
- Add the water and a generous pinch of salt to pan and bring to the boil.
- · 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!



# Get prepped

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



# Cook the greens

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



## Cook the chicken

- Return the frying pan to medium-high heat with a drizzle of olive oil.
- · When oil is hot, cook chicken, tossing, until browned. 5-6 minutes.
- · 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.



# Add the tamarind sauce

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



## Serve up

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







Follow method above, cooking in batches if necessary.



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.

