

Easy Peri Peri Chicken & Slaw Bowl

with Garlic-Corn Rice & Garlic Aioli

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Sweetcorn



Lemon



Aussie Spice Blend



Peri Peri Sauce



Baby Spinach Leaves



Garlic Aioli



Diced Chicken



Shredded Cabbage Mix



Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 15-25 mins
Ready in: 20-30 mins

Eat Me Early

A peri peri sauce is double trouble in the best way when it combines with our favourite Aussie spice blend on tender chicken. Pile everything on top of a fragrant rice tossed with charred corn for a dinner that will be sure to make you smile. It's fun times ahead tonight!

Pantry items

Olive Oil, Butter, Honey

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

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
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
sweetcorn	1 tin	1 tin
lemon	½	1
diced chicken	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
butter*	20g	40g
peri peri sauce	1 packet (50g)	1 packet (100g)
honey*	2 tsp	4 tsp
shredded cabbage mix	1 bag (150g)	1 bag (300g)
baby spinach leaves	1 small bag	1 medium bag
garlic aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3200kJ (765Cal)	671kJ (160Cal)
Protein (g)	43.4g	9.1g
Fat, total (g)	29g	6.1g
- saturated (g)	8g	1.7g
Carbohydrate (g)	76.4g	16g
- sugars (g)	11.7g	2.5g
Sodium (mg)	1396mg	293mg

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

2022 | CW41



1



Make the garlic rice

- Finely chop **garlic**.
- Heat a medium saucepan with a drizzle of **olive oil** over medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water** and a generous pinch of **salt**, stir, then bring to the boil. Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!

3



Cook the chicken

- Return the frying pan to high heat, with a drizzle of **olive oil**. When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- Remove pan from heat, then add the **butter**, **peri peri sauce** and the **honey**. Stir to combine.
- In a second medium bowl, combine **shredded cabbage mix**, a squeeze of **lemon juice** and a drizzle of **olive oil**. Season to taste.

Little cooks: Take the lead by tossing the salad!

2



Get prepped

- While the rice is cooking, drain **sweetcorn**. Slice **lemon** into wedges.
- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a small bowl.
- In a medium bowl combine **diced chicken**, **Aussie spice blend**, remaining **garlic** and a drizzle of **olive oil**.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.

4



Serve up

- Add **baby spinach leaves** and charred corn to the rice and stir to combine.
- Divide garlic-corn rice between bowls. Top with peri peri chicken and slaw.
- Serve with **garlic aioli** and remaining lemon wedges. Enjoy!

Rate your recipe

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