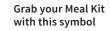


Saucy Lemon Pepper Chicken with Charred Corn Garlic Rice

NEW

DIETITIAN APPROVED











Basmati Rice



Peri Peri

Sauce

Coriander



Lemon Pepper Spice Blend





Baby Spinach



Chicken Breast

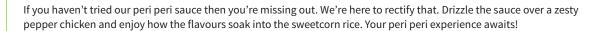


Prep in: 20-30 mins Ready in: 25-35 mins

Eat Me Early









Before you start

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

You'll also need to give your fruit and

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	2 cloves	4 cloves
carrot	1	2
water*	1½ cups	3 cups
basmati rice	1 packet	1 packet
sweetcorn	1 tin	1 tin
chicken breast	1 packet	1 packet
lemon pepper spice blend	1 sachet	2 sachets
peri peri sauce	1 packet (50g)	1 packet (100g)
honey*	1 tsp	2 tsp
baby spinach leaves	1 medium bag	1 large bag
coriander	1 bag	1 bag

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2580kJ (617Cal)	585kJ (140Cal)
Protein (g)	40.9g	9.3g
Fat, total (g)	15.2g	3.4g
- saturated (g)	2.9g	0.7g
Carbohydrate (g)	74.7g	16.9g
- sugars (g)	8g	1.8g
Sodium (mg)	965mg	219mg

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. Grate the carrot.
- In a medium saucepan, heat a drizzle of olive oil over medium-high heat.
 Cook carrot and garlic, stirring, until fragrant, 2-3 minutes.
- Add the water, basmati rice and a pinch of salt and 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!



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 peri peri sauce mixture, tossing chicken to coat.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!



Get prepped

- Meanwhile, drain **sweetcorn**. Cut **chicken breast** into 2cm chunks.
- In a medium bowl, combine chicken, lemon pepper spice blend and a drizzle of olive oil.
- In a small bowl, combine **peri peri sauce** and the **honey**.
- Heat a large frying pan over high heat. Cook sweetcorn until lightly browned, 4-5 minutes. Transfer to a small bowl.

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



Serve up

- To the rice, add baby spinach leaves, charred corn and a drizzle of olive oil.
 Toss to combine and season to taste.
- Divide charred corn garlic rice between bowls.
- Top with saucy lemon pepper chicken. Tear over coriander. Enjoy!

