



# Saucy Lemon Pepper Chicken

with Charred Corn Garlic Rice

NEW

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Garlic



Carrot



Basmati Rice



Sweetcorn



Lemon Pepper Spice Blend



Peri Peri Sauce



Baby Spinach Leaves



Coriander



Chicken Breast

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

Calorie Smart

Eat Me Early

If you haven't tried our peri peri sauce then you're missing out. We're here to rectify that. Drizzle the sauce over a zesty pepper chicken and enjoy how the flavours soak into the sweetcorn rice. Your peri peri experience awaits!

### Pantry items

Olive Oil, 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
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
carrot	1	2
<b>water*</b>	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)
<b>honey*</b>	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](https://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 | CW46



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## 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!

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## 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!

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## 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.

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## 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!

## Rate your recipe

Did we make your tastebuds happy?

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