



SICHUAN CHICKEN RICE BOWL

with Veggies & Crispy Shallots



Make a Sichuan chicken stir-fry!



Garlic



Jasmine Rice



Carrot



Green Beans



Capsicum



Chicken Breast



Mayonnaise



Sichuan Garlic Paste



Crispy Shallots

Hands-on: **25** mins
Ready in: **30** mins

Eat me early

Why did anyone cross the road? To get a taste of this sensational chicken dish, of course! With our signature Sichuan garlic paste, soy mayo and crispy shallots, it's a perfect mix of flavours that'll spice up your midweek routine.

Pantry Staples: Olive Oil, Butter, Soy Sauce

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

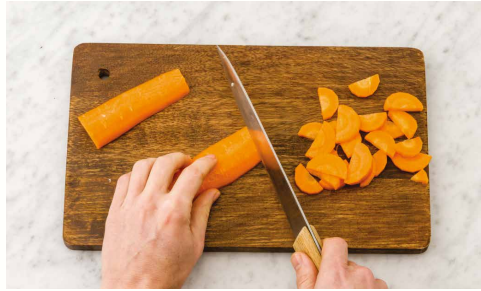
- **large saucepan** with a **lid**
- **large frying pan**



1 COOK THE GARLIC RICE

Finely chop the **garlic** (or use a garlic press). In a large saucepan, melt the **butter** with a **dash of olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **jasmine rice**, **water (for the rice)** and the **salt** and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10-15 minutes**.

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



2 GET PREPPED

While the rice is cooking, cut the **carrot** (unpeeled) into half-moons. Trim the **green beans** and slice into 2cm pieces. Cut the **capsicum** into 1cm pieces. Cut the **chicken breast** into 2cm chunks.



3 MAKE THE SOY MAYO

In a medium bowl, combine the **mayonnaise**, **soy sauce** and **water (for the mayo)**. **TIP:** Keep the mayo plain if the kids would prefer!



4 COOK THE VEGGIES

Heat a large frying pan over a medium-high heat. When the pan is hot, add the **carrot**, **green beans**, **capsicum** and a **splash of water** and cook, tossing, until tender, **5-6 minutes**. Season with **salt** and **pepper** and transfer to a bowl. Cover to keep warm.



5 COOK THE CHICKEN

Return the frying pan to a high heat with a **drizzle of olive oil**. When the oil is hot, add the **chicken** and cook, tossing, until cooked through, **4-5 minutes**. Remove the pan from the heat, add the **Sichuan garlic paste** and toss to coat.



6 SERVE UP

Divide the garlic rice between bowls. Top with the veggies and the Sichuan chicken. Spoon any remaining juices from the pan onto the chicken. Drizzle over the soy mayo. Garnish the adults' portions with the **crispy shallots**.

ENJOY!

4-5 PEOPLE INGREDIENTS

| | 4-5P |
|-----------------------|------------------|
| olive oil* | refer to method |
| garlic | 4 cloves |
| butter* | 40g |
| jasmine rice | 2 packets |
| water* (for the rice) | 2½ cups |
| salt* | ½ tsp |
| carrot | 1 |
| green beans | 1 bag (200g) |
| capsicum | 1 |
| chicken breast | 1 packet |
| mayonnaise | 2 packets (80g) |
| soy sauce* | 1½ tsp |
| water* (for the mayo) | 2 tsp |
| Sichuan garlic paste | 2 packets (160g) |
| crispy shallots | 1 packet |

*Pantry Items

| NUTRITION | PER SERVING | PER 100G |
|------------------|-----------------|----------------|
| Energy (kJ) | 3510kJ (839Cal) | 804kJ (192Cal) |
| Protein (g) | 43.8g | 10.0g |
| Fat, total (g) | 36.5g | 8.3g |
| - saturated (g) | 10.5g | 2.4g |
| Carbohydrate (g) | 81.5g | 18.7g |
| - sugars (g) | 15.8g | 3.6g |
| Sodium (g) | 1210mg | 278mg |

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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