



# Quick Ssamjang Chicken & Rapid Rice

with Sesame Veggies & Yuzu Mayo

Grab your Meal Kit with this symbol



Jasmine Rice



Chicken Breast



Ssamjang Paste



Carrot



Baby Broccoli



Asian Greens



Mixed Sesame Seeds



Yuzu Vinaigrette



Mayonnaise

Hands-on: **15-25 mins**  
 Ready in: **25-35 mins**

Eat Me Early

Have you met our newest member of the HelloFresh family, ssamjang paste? You may know it from classic Korean dishes, but this superstar ingredient adds a deep, umami rich flavour to anything it touches - one taste and we know you'll be hooked. Here, it'll transform chicken breast into an exciting bowl of rice and veggies.

## Pantry items

Olive Oil, Sesame Oil, Soy Sauce

## 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 · Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
jasmine rice	1 packet	1 packet
chicken breast	1 packet	1 packet
ssamjang paste	1 medium packet	1 large packet
sesame oil*	1 tsp	2 tsp
soy sauce*	drizzle	drizzle
carrot	1	2
baby broccoli	1 bag	1 bag
Asian greens	1 bag	2 bags
mixed sesame seeds	1 sachet	1 sachet
yuzu vinaigrette	1 medium packet	1 large packet
mayonnaise	1 packet (40g)	1 packet (80g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3325kJ (795Cal)	580kJ (139Cal)
Protein (g)	42.1g	7.3g
Fat, total (g)	33.7g	5.9g
- saturated (g)	6.1g	1.1g
Carbohydrate (g)	78.7g	13.7g
- sugars (g)	10.2g	1.8g
Sodium (mg)	747mg	130mg

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.

1



## Cook the rapid rice

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle.
- Half-fill a medium saucepan with boiling water.
- Add **jasmine rice** and a pinch of **salt** and cook, uncovered, over a high heat until tender, **12 minutes**. Drain.

3



## Cook the veggies

- While the chicken is baking, roughly chop **carrot**. Trim and halve **baby broccoli**. Roughly chop **Asian greens**.
- Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **baby broccoli** until tender, **4-5 minutes**.
- Add **mixed sesame seeds** and **Asian greens** and cook until the greens are wilted, **1-2 minutes**.

2



## Bake the chicken

**SPICY!** The *ssamjang* paste is mild, but use less if you're sensitive to heat.

- Meanwhile, cut **chicken breast** into 2cm strips. Combine **chicken**, **ssamjang paste**, the **sesame oil**, a drizzle of **soy sauce** and a drizzle of **olive oil** in a medium bowl.
- Place **chicken** on a lined oven tray and bake until cooked through, **12-14 minutes**.

**TIP:** Chicken is cooked through when it's no longer pink inside.

4



## Serve up

- In a small bowl, combine **yuzu vinaigrette**, **mayonnaise** and a drizzle of water.
- Divide rapid rice between bowls and top with sesame veggies and *ssamjang* chicken.
- Drizzle over yuzu mayo to serve.

## Enjoy!