



# Easy Sweet Chilli-Soy Chicken & Garlic Rice

with Stir-Fried Veggies & Crushed Peanuts

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic Paste



Jasmine Rice



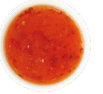
Chicken Breast



Asian Stir-Fry Mix



Sweet Soy Seasoning



Sweet Chilli Sauce



Crushed Peanuts



Mayonnaise



Peeled Prawns

Prep in: 15-25 mins  
Ready in: 30-40 mins

Eat Me Early

There's a lot you can do with a good sauce, and what's the one that standing out tonight? That's right, we have a craving for sweet chilli, so glaze it over chicken and pile on the fragrant rice and stir-fried veggies for another sauce-tastic dinner!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter, Plain Flour

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## 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
<b>butter*</b>	20g	40g
garlic paste	1 packet (30g)	2 packets (60g)
<b>water*</b>	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
chicken breast	1 packet	1 packet
Asian stir-fry mix	1 bag (300g)	1 bag (600g)
sweet soy seasoning	1 packet	2 packets
<b>plain flour*</b>	½ tbs	1 tbs
sweet chilli sauce	1 small packet	1 medium packet
crushed peanuts	1 packet	2 packets
mayonnaise	1 medium packet	1 large packet
peeled prawns**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3676kJ (879Cal)	753kJ (180Cal)
Protein (g)	43.2g	8.9g
Fat, total (g)	32.8g	6.7g
- saturated (g)	11.6g	2.4g
Carbohydrate (g)	100.4g	20.6g
- sugars (g)	18.3g	3.8g
Sodium (mg)	1425mg	292mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3267kJ (781Cal)	763kJ (182Cal)
Protein (g)	24.4g	5.7g
Fat, total (g)	27.6g	6.4g
- saturated (g)	10.1g	2.4g
Carbohydrate (g)	100.4g	23.5g
- sugars (g)	18.3g	4.3g
Sodium (mg)	1978mg	462mg

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

2023 | CW20



1



## Make the garlic rice

- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook half the **garlic paste** until fragrant, **1-2 minutes**.
- Add the **water** and a generous pinch of **salt** and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

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

**Little cooks:** Older kids can help add the rice to the saucepan under adult supervision. Be careful, the water is boiling!

3



## Cook the chicken

- While veggies are cooking, combine **sweet soy seasoning**, the **plain flour** and a pinch of **salt** in a medium bowl. Add **chicken** and toss to coat.
- 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**. Add **sweet chilli sauce**, toss to coat and cook until slightly reduced, **1 minute**.

**Custom Recipe:** If you've upgraded to peeled prawns, flavour prawns in the same way as the chicken. Heat the frying pan over medium-high heat with a drizzle of olive oil. Cook prawns, tossing, until pink and starting to curl up, 3-4 minutes. Continue with step.

2



## Stir-fry the veggies

- While rice is cooking, cut **chicken breast** into 2cm chunks.
- When the rice has **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **Asian stir-fry mix** until tender, **4-5 minutes**.
- Add remaining **garlic paste** and cook until fragrant, **1 minute**. Season. Transfer to a bowl and cover to keep warm.

4



## Serve up

- Divide garlic rice between bowls. Top with stir-fried veggies and sweet chilli-soy chicken.
- Garnish with **crushed peanuts** and serve with **mayonnaise**. Enjoy!

**Little cooks:** Add the finishing touch by sprinkling over the garnish!

## Rate your recipe

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