



# Sweet & Salty Popcorn Chicken

with Garlic Rice & Sesame Veggies

TAKEAWAY FAVES

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Green Beans



Cornflour



Oyster Sauce



Sesame Seeds



Baby Spinach Leaves



Chicken Breast



Diced Chicken



## Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 20-30 mins  
Ready in: 30-40 mins

Eat Me Early

Tonight's chicken is really 'popping off' (please forgive the pun). A touch of sweet and a zap of salty and you've got chicken that will be popping with flavour (sorry we couldn't help it). Fragrant garlic rice helps to absorb the sauces and sesame veggies. It's bound to be a pop-ular dish (okay we're done now).

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

### Pantry items

Olive Oil, Butter, Soy Sauce, 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	4 cloves	8 cloves
<b>butter*</b>	20g	40g
<b>water*</b> (for the rice)	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
carrot	1	2
green beans	1 bag (100g)	1 bag (200g)
chicken breast	1 packet	1 packet
cornflour	½ packet	1 packet
oyster sauce	1 medium packet	1 large packet
<b>soy sauce*</b>	1 tsp	2 tsp
<b>honey*</b>	2 tbs	¼ cup
<b>water*</b> (for the sauce)	1 tbs	2 tbs
sesame seeds	1 packet	1 packet
baby spinach leaves	1 small bag	1 medium bag
diced chicken**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2834kJ (677Cal)	646kJ (154Cal)
Protein (g)	41.8g	9.5g
Fat, total (g)	18g	4.1g
- saturated (g)	7.6g	1.7g
Carbohydrate (g)	86.3g	19.7g
- sugars (g)	13.1g	3g
Sodium (mg)	1130mg	258mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2732kJ (653Cal)	638kJ (152Cal)
Protein (g)	42.8g	10g
Fat, total (g)	14.7g	3.4g
- saturated (g)	6.7g	1.6g
Carbohydrate (g)	86.3g	20.1g
- sugars (g)	13.1g	3.1g
Sodium (mg)	1094mg	255mg

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



## 1 Make the garlic rice

- Finely chop **garlic**. In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
- Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add **water (for the rice)** and a generous pinch of **salt**, then 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!



## 4 Cook the chicken

- Return the frying pan to high heat with a generous drizzle of **olive oil**. When oil is hot, cook **chicken** in batches, tossing, until browned and cooked through, **5-6 minutes**.



## 2 Get prepped

- Meanwhile, thinly slice **carrot** into half-moons. Trim **green beans** and cut into thirds.
- Cut **chicken breast** into 2cm chunks.
- In a medium bowl, combine **chicken**, **cornflour** (see ingredients) and a generous pinch of **salt** and **pepper**.
- In a small bowl, combine **oyster sauce**, the **soy sauce**, **honey** and **water (for the sauce)**.

**Little cooks:** Take charge by combining the sauces!

**Custom Recipe:** No need to cut the chicken if you are using the diced chicken!



## 5 Make it saucy

- Reduce heat to low, then add **oyster sauce mixture** and return cooked **chicken** to the pan, tossing, until combined and slightly thickened, **1-2 minutes**.



## 3 Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **green beans**, until tender, **4-6 minutes**.
- Stir through **sesame seeds**, **baby spinach leaves** and the remaining **garlic** and cook until fragrant and wilted, **1 minute**. Season to taste.
- Transfer to a plate and cover to keep warm.



## 6 Serve up

- Divide garlic rice between bowls.
- Top with sweet and salty popcorn chicken and sesame veggies. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)