



# Asian Chicken Bowl with Garlic Aioli

**FRESH & FAST** Box to plate: 15 mins Eat me early

Grab your  
Fresh & Fast  
Meal Kit



**Nutrition Per Serving:** Energy 3290kJ/786 Cal | Protein 48.0g | Fat, total 40.0g - saturated 7.2g | Carbohydrate 54.9g - sugars 8.9g | Sodium 729mg

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2020 | WK21 | **W**



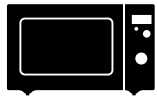
# Get ready

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'll need (along with the basics)



Frying Pan

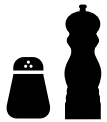


Microwave

## From the pantry



Olive Oil



Salt & Pepper

## From the cool pouch

	2P	4P
Chicken Breast	1 pkt	1 pkt
Asian Stir-Fry Mix	1 pkt	2 pkts
Japanese Dressing	1 tub (30ml)	2 tubs (60ml)
Garlic Aioli	1 pkt (50g)	1 pkt (100g)

## Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.

## 1. Sizzle



Chicken Breast



Southeast Asian Spice Blend



Asian Stir-Fry Mix

## 2. Chop



Cucumber



Long Red Chilli (Optional)



Coriander

## 3. Zap



Microwavable Basmati Rice



Japanese Dressing



Crispy Shallots



Garlic Aioli

- Heat **olive oil** in a frying pan over medium-high heat
- Roughly chop **chicken**
- Cook **chicken** and **spice blend**, tossing, until browned, **3 mins**
- Reduce heat to medium, add **stir-fry mix** and cook until softened, **3 mins**

- Meanwhile, slice **cucumber** and **chilli** (if using)
- Roughly chop the **coriander**

- Zap **rice** until steaming, **2 mins**, then stir through **Japanese dressing** and **crispy shallots**
- Plate up **rice, chicken, veggies** and **cucumber**
- Dollop with **aioli**
- Scatter over **chilli** (if using) and **coriander**

