

Sichuan Chicken & Garlic Rice

with Veggie Stir-Fry

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Ginger



Capsicum



Asian Greens



Chicken Thigh



Sichuan Garlic Paste



Coriander



Long Red Chilli (Optional)



Hands-on: 20-30 mins
Ready in: 30-40 mins



Eat me early



Spicy (optional long red chilli)

Our recipe creators have jammed in all the key elements to create a superbly tasty dish, with Sichuan garlic paste and soy sauce giving the chicken and veggies masses of flavour. We're not sure who the real hero is in this dish – you decide!

Pantry items

Olive Oil, Butter, 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 with lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water*	1½ cuos	3 cups
salt*	¼ tsp	½ tsp
ginger	1 knob	2 knobs
capsicum	1	2
Asian greens	1 bunch	2 bunches
chicken thigh	1 small packet	1 large packet
Sichuan garlic paste	1 packet	2 packets
soy sauce*	1 tbs	2 tbs
coriander	1 bag	1 bag
long red chilli (optional)	1	2

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3248kJ (776Cal)	570kJ (136Cal)
Protein (g)	42.3g	7.4g
Fat, total (g)	29.5g	5.2g
- saturated (g)	9.4g	1.6g
Carbohydrate (g)	79g	13.9g
- sugars (g)	16.3g	2.9g
Sodium (mg)	1399mg	245mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Add 2/3 of the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and **salt**, stir, and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water has absorbed, **10 minutes**.

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



Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **chicken**, tossing, until browned and cooked through, **5-6 minutes**. Transfer to a medium bowl.



Get prepped

While the rice is cooking, finely grate the **ginger**. Thinly slice the **capsicum**. Roughly chop the **Asian greens**. Cut the **chicken thigh** into 2cm chunks.



Cook the veggies

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **capsicum** and cook until just tender, **3-4 minutes**. Add the **Asian greens** and **cooked chicken**. Remove from the heat and add the **Sichuan garlic paste** and **soy sauce**. Toss to combine.



Flavour the chicken

In a medium bowl, combine the **ginger**, the **remaining garlic**, a pinch of **salt** and **pepper** and **olive oil** (1 tbs for 2 people / 2 tbs for 4 people). Add the **chicken** and toss to coat.



Serve up

Roughly chop the **coriander**. Thinly slice the **long red chilli** (if using). Divide the garlic rice between bowls and top with the Sichuan chicken and Asian greens. Sprinkle with the coriander and chilli.

Enjoy!