



Creole Chicken & Roast Veggies

with Charred Corn Rice & Aioli

Grab your Meal Kit with this symbol



Brown Onion



Tomato



Peeled & Chopped Pumpkin



Garlic



Basmati Rice



Chicken Breast



Creole Spice Blend



Corn





Garlic Aioli




Chilli Flakes (Optional)

 Hands-on: **25-35 mins**
Ready in: **40-50 mins**

 Eat me early

 Spicy (optional chilli flakes)

 Naturally gluten-free
Not suitable for Coeliacs

All aboard! Next stop is New Orleans, aka Flavourtown, aka you're not going to believe you made this yourself; it's that delicious. Do we sound a little over-excited? It's only because this rice bowl is full of tasty treats, from Creole chicken to sweet roasted veggies.

Pantry items

Olive Oil, Butter

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

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
tomato	1	2
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
chicken breast	1 small packet	1 large packet
Creole spice blend	1 sachet	2 sachets
corn	1 cob	2 cobs
garlic aioli	1 packet (50g)	1 packet (100g)
water* (for the sauce)	1 tsp	2 tsp
chilli flakes (optional)	pinch	pinch

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3862kJ (923Cal)	571kJ (136Cal)
Protein (g)	45.3g	6.7g
Fat, total (g)	41.8g	6.2g
- saturated (g)	10.6g	1.6g
Carbohydrate (g)	85.5g	12.6g
- sugars (g)	19.1g	2.8g
Sodium (mg)	796mg	118mg

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.



Prep the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **brown onion** into 3cm wedges. Roughly chop the **tomato**.



Roast the veggies

Place the **peeled & chopped pumpkin** and **onion** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, spread out in a single layer and roast until tender, **20-25 minutes**.



Cook the garlic rice

While the veggies are roasting, finely chop the **garlic**. Melt the **butter** in a medium saucepan with a dash of **olive oil** over a medium heat. Add the **garlic** and cook until golden and fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** and the **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 is absorbed, **10 minutes**.

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



Cook the corn & chicken

While the rice is cooking, slice the **chicken breast** into 1cm-thick strips. In a medium bowl, combine the **Creole spice blend** and a good drizzle of **olive oil**, then season with **salt** and **pepper**. Add the **chicken** strips and toss to coat. Slice the kernels off the **corn** cob. Heat a large frying pan over a high heat. Add the **corn** kernels and cook until charred, **4-5 minutes**. Transfer to a bowl. Return the frying pan to a high heat. Cook the **chicken**, tossing occasionally, until lightly browned and cooked through, **3-4 minutes**.



Make the aioli drizzle

In a small bowl, combine the **garlic aioli** and the **water (for the sauce)**, then season with **salt** and **pepper**.



Serve up

Stir the charred corn through the garlic rice. Divide the charred corn rice between bowls and top with the Creole chicken, roast veggies and tomato. Drizzle with aioli and sprinkle with the **chilli flakes** (if using).

Enjoy!