







(02) 8188 8722 | HelloFresh.com.au

WK51
2016


Garlic Chicken with Green Beans and Jasmine Rice

This eminently enjoyable dish is our nod to the less well-known side of Lebanese cuisine, with delicious green beans and rice. For maximum flavour, we recommend marinating your chicken for as long as possible. With every extra minute it gets more delicious!

 **Prep:** 10 mins
 **Cook:** 25 mins
 **Total:** 35 mins

 level 1

 eat me early

 gluten free

Pantry Items



Water



Olive Oil



Honey



Jasmine Rice



Free Range
Chicken Breast



Garlic



Coriander



Green Beans



Zucchini




Red Onion


JOIN OUR PHOTO CONTEST

f t i #HelloFreshAU

2P	4P	Ingredients
1 packet	2 packets	Jasmine rice, rinsed well
3 cups	6 cups	water *
2 fillets	4 fillets	free range chicken breast
2 tbs	4 tbs	olive oil *
1 clove	2 cloves	garlic, peeled & crushed 
1 tsp	2 tsp	honey *
½ bunch	1 bunch	coriander, leaves picked & finely chopped 
1 packet	2 packets	green beans, trimmed & halved
1	2	zucchini, thinly sliced
½	1	red onion, finely sliced 

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2940	Kj
Protein	46.5	g
Fat, total	24.9	g
-saturated	5.1	g
Carbohydrate	70.6	g
-sugars	7.3	g
Sodium	132	mg



You will need: *chef's knife, chopping board, sieve, garlic crusher, medium saucepan, baking paper, mallet or rolling pin, large bowl, medium ovenproof frying pan, medium frying pan, wooden spoon, plate and tongs.*

1 Preheat oven to **200°C/180°C** fan-forced.

2 Place the **Jasmine rice** and the **water** in a medium saucepan and bring to the boil over a high heat. Reduce the heat to a medium and simmer, uncovered, for **10-12 minutes**, or until the rice is soft. Drain and set aside.

3 Meanwhile place your **chicken breast** fillets between two sheets of baking paper. With a heavy mallet or rolling pin, flatten the breast until 2 cm thick.

4 In a large bowl mix together half of the **olive oil**, **garlic**, **honey**, **coriander** and some **salt** and **pepper**. Add the flattened chicken and coat well.

5 Heat half of the remaining olive oil in a medium ovenproof frying pan over a medium-high heat. Cook the chicken for **2 minutes** on each side or until golden. Transfer the pan to the oven and bake for **6-8 minutes** or until the chicken is cooked through.

6 Meanwhile, heat the remaining olive oil in a medium frying pan over a medium-high heat. Cook the **green beans**, **zucchini** and **red onion** for **4-5 minutes**, or until softened.

7 To, serve divide Jasmine rice between plates. Top with the vegetables and chicken. Enjoy!

Did you know? Garlic is native to central Asia.

