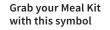


Plant-Based Chick'n & Charred Corn Salsa

with Garlic Rice & Chimichurri

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR















Tomato

Sweetcorn





Chimichurri Sauce

Cucumber



Plant-Based



Crumbed Chicken



Plant-Based Aioli





Prep in: 20-30 mins Ready in: 25-35 mins

Plant Based

fragrant garlic rice and with a cheerful salsa that's all the right things: juicy, crunchy, sweet and tangy. Add the finishing touches with our herby chimichurri and creamy plant-based aioli.

Pantry items

Olive Oil, Plant-Based Butter, White Wine Vinegar

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

| ingi calcii | | | |
|---|-----------------|-----------------|--|
| | 2 People | 4 People | |
| olive oil* | refer to method | refer to method | |
| garlic | 2 cloves | 4 cloves | |
| plant-based butter* | 20g | 40g | |
| basmati rice | 1 medium packet | 1 large packet | |
| water* | 1½ cups | 3 cups | |
| sweetcorn | 1 tin (125g) | 1 tin (300g) | |
| tomato | 1 | 2 | |
| cucumber | 1 | 2 | |
| long chilli ∮ (optional) | 1/2 | 1 | |
| white wine vinegar* | drizzle | drizzle | |
| plant-based crumbed chicken | 1 packet | 2 packets | |
| chimichurri sauce | 1 medium packet | 1 large packet | |
| plant-based aioli | 1 packet | 2 packets | |
| plant-based crumbed chicken** | 1 packet | 2 packets | |
| * Denotes the see ** Contain Denies to see direct | | | |

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|------------------|----------------|
| Energy (kJ) | 4230kJ (1011Cal) | 940kJ (225Cal) |
| Protein (g) | 23.1g | 5.1g |
| Fat, total (g) | 61.3g | 13.6g |
| - saturated (g) | 6.9g | 1.5g |
| Carbohydrate (g) | 88.2g | 19.6g |
| - sugars (g) | 7.1g | 1.6g |
| Sodium (mg) | 1220mg | 271mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|------------------|----------------|
| Energy (kJ) | 5546kJ (1326Cal) | 991kJ (237Cal) |
| Protein (g) | 37.7g | 6.7g |
| Fat, total (g) | 80.8g | 14.4g |
| - saturated (g) | 8.7g | 1.6g |
| Carbohydrate (g) | 107.2g | 19.1g |
| - sugars (g) | 8.1g | 1.4g |
| Sodium (mg) | 1997mg | 357mg |

The quantities provided above are averages only.

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.

We're here to help!

Scan here if you have any questions or concerns





Cook the garlic rice

- Finely chop garlic.
- In a medium saucepan, melt the plant-based butter with a dash of olive oil over medium heat. Cook garlic until fragrant, 1-2 minutes.
- Add basmati rice, the water and a generous pinch of salt. Stir, then bring to the boil.
- Reduce heat to low and cover with a lid. Cook for 10 minutes, then remove from heat. Keep covered until rice is tender and water is absorbed, 10 minutes.

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



Cook the chick'n

- Return frying pan to medium-high heat with enough **olive oil** to coat the base.
- Cook plant-based crumbed chicken until golden and heated through,
 2-3 minutes on each side.
- Transfer to a paper towel-lined plate.

Custom Recipe: If you've doubled your plant-based crumbed chicken, cook the plant-based crumbed chicken in batches for the best results.



Make the salsa

- While the rice is cooking, drain **sweetcorn**.
- Heat a large frying pan over high heat. Cook corn kernels, tossing, until lightly browned, 4-5 minutes. Transfer to a medium bowl.
- Roughly chop tomato and cucumber. Thinly slice long chilli (if using).
- Add tomato, cucumber and a drizzle of white wine vinegar and olive oil to the charred corn. Season with salt and pepper, then toss to combine.



Serve up

- Slice plant-based chick'n.
- Divide garlic rice between bowls. Top with chick'n and charred corn salsa.
- Drizzle with chimichurri sauce and plant-based aioli. Sprinkle with chilli to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate