



Quick Sichuan Chicken

with Garlic Rice & Veggies

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Chicken Breast



Mayonnaise



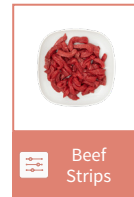
Shredded Wombok



Sichuan Garlic Paste



Crispy Shallots



Beef Strips

Hands-on: **20-30 mins**
Ready in: **25-35 mins**

Eat Me Early

Coat chicken breast chunks in our mild Sichuan garlic paste for an instant upgrade to your weeknight dinner. Serve with a simple garlic-infused rice, and top with a quick soy mayo and a sprinkle of crispy shallots for a delightful mix of flavours and textures.



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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 a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
chicken breast	1 small packet	1 large packet
mayonnaise	1 packet (40g)	2 packets (80g)
soy sauce*	1 tsp	2 tsp
water* (for the mayo)	1 tsp	2 tsp
shredded wombok	1 medium bag	1 large bag
Sichuan garlic paste	1 packet	2 packets
crispy shallots	1 medium packet	1 large packet
beef strips**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3512kJ (839Cal)	709kJ (169Cal)
Protein (g)	42.5g	8.6g
Fat, total (g)	37.2g	7.5g
- saturated (g)	10.8g	2.2g
Carbohydrate (g)	85.7g	17.3g
- sugars (g)	18.2g	3.7g
Sodium (mg)	1017mg	205mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3505kJ (837Cal)	770kJ (184Cal)
Protein (g)	41.5g	9.1g
Fat, total (g)	37.6g	8.3g
- saturated (g)	11.4g	2.5g
Carbohydrate (g)	85.7g	18.8g
- sugars (g)	18.2g	4g
Sodium (mg)	986mg	217mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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1



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook **garlic** until fragrant, **1-2 minutes**. Add the **water (for the rice)** and a generous pinch of **salt**, then bring to the boil.
- Add **jasmine rice**. Stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove from heat. Keep covered until rice is tender and water is absorbed, **10-15 minutes**.

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

3



Cook the veggies & chicken

- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook **carrot** with a splash of **water**, tossing, until tender, **3-4 minutes**. Add **shredded wombok** and cook until wilted, **2 minutes**. Season with **salt** and **pepper**, then transfer to a bowl. Cover to keep warm.
- Return frying pan to a high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken**, tossing, until cooked through, **4-5 minutes**. Remove from heat, then add **Sichuan garlic paste**, tossing to coat.

CUSTOM RECIPE

Cook veggies as above. Return pan to a high heat with a drizzle of olive oil. When oil is hot, cook beef, in batches, until browned and cooked through, 1-2 minutes. Return all beef to pan, then continue as above.

2



Get prepped

- While rice is cooking, thinly slice **carrot** into half-moons. Cut **chicken breast** into 2cm chunks.
- In a small bowl, combine **mayonnaise**, **soy sauce** and the **water (for the mayo)**.

CUSTOM RECIPE

If you've swapped to beef strips, prep the carrot and soy mayo as above.

4



Serve up

- Divide garlic rice between bowls. Top with veggies and Sichuan chicken, spooning over any remaining sauce from pan.
- Drizzle with soy mayo. Sprinkle with **crispy shallots** to serve.

Enjoy!

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