



Seared Chicken & Veggie Cauliflower Rice

with Creamy Garlic Sauce

NEW

Grab your Meal Kit with this symbol



Garlic



Carrot



Zucchini



Garlic & Herb Seasoning



Baby Spinach Leaves



Flaked Almonds



Chicken Thigh



Light Cooking Cream



Cauliflower Rice

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

Carb Smart

Eat Me Early

Pop some colourful veg in the oven, whip up a simple yet tasty sauce, sear some chicken thighs with our garlic and herb seasoning and you'll have a delight of a dinner. We've swapped rice with our fluffy, pre-prepped cauli rice to keep the flavour up and the carbs down.

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

Large frying pan · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
chicken thigh	1 small packet	1 large packet
garlic	2 cloves	4 cloves
carrot	1	2
zucchini	1	2
light cooking cream	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
butter*	20g	40g
cauliflower rice	1 packet (250g)	1 packet (500g)
baby spinach leaves	1 small bag	1 medium bag
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2201kJ (526Cal)	416kJ (99Cal)
Protein (g)	38.1g	7.2g
Fat, total (g)	33.4g	6.3g
- saturated (g)	16.2g	3.1g
Carbohydrate (g)	17.9g	3.4g
- sugars (g)	13.4g	2.5g
Sodium (mg)	648mg	122mg
Dietary Fibre (g)	7.6g	1.4g

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.

1



Cook chicken

- Season both sides of the **chicken thigh**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Add **chicken** and cook, turning occasionally, until browned and cooked through, **10-14 minutes**.
- Transfer to a plate and cover to keep warm.

TIP: Chicken is cooked through when it's no longer pink inside.

3



Cook cauli rice

- Wipe out frying pan. Return frying pan to high heat with a drizzle of **olive oil** and the **butter**.
- Cook remaining **garlic** until fragrant, **1 minute**. Add **carrot** and **zucchini** and cook, stirring, until softened, **3-4 minutes**.
- Add **cauliflower rice** and cook, stirring, until softened, **2-4 minutes**.
- Add **baby spinach leaves** and remaining **garlic** and cook until just wilted, **1 minute**. Season to taste.

2



Cook sauce

- While chicken is cooking, finely chop **garlic**. Grate **carrot** and **zucchini**.
- Heat a medium saucepan over medium-high heat with a drizzle of **olive oil**.
- Add 1/2 the **garlic** and cook until fragrant, **1 minute**.
- Add **light cooking cream** and **garlic & herb seasoning** and cook, stirring, until slightly thickened, **1-2 minutes**. Season to taste.

4



Serve up

- Slice chicken.
- Stir the chicken resting juices into the saucepan with the sauce.
- Divide veggie loaded cauliflower rice and seared chicken between bowls. Top with creamy garlic sauce.
- Sprinkle over **flaked almonds** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns
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