



# Sichuan Chicken & Garlic Rice Bowl

with Veggie Stir-Fry & Crispy Shallots

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Snow Peas



Chicken Breast



Mayonnaise



Sichuan Garlic Paste



Crispy Shallots

Hands-on: **15-25** mins  
Ready in: **30-40** mins

Eat me early

Why did anyone cross the road? To get a taste of this sensational chicken dish, of course! With our signature mild Sichuan garlic paste, soy mayo and crispy shallots, it's a perfect mix of flavours that'll spice up your midweek routine.

### 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

Large 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
jasmine rice	1 packet	2 packets
water* (for the rice)	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
carrot	1	2
snow peas	1 bag (100g)	1 bag (200g)
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
Sichuan garlic paste	1 packet (80g)	2 packets (160g)
crispy shallots	1 packet	2 packets

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3766kJ (900Cal)	772kJ (184Cal)
Protein (g)	41.6g	8.5g
Fat, total (g)	43.2g	8.9g
- saturated (g)	12.3g	2.5g
Carbohydrate (g)	83.5g	17.1g
- sugars (g)	18g	3.7g
Sodium (mg)	1249mg	256mg

### Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://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 the garlic rice

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

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



## 2. Get prepped

While the rice is cooking, cut the **carrot** (unpeeled) into half-moons. Trim the **snow peas** and cut into 2cm pieces. Cut the **chicken breast** into 2cm chunks.



## 3. Make the soy mayo

In a medium bowl, combine the **mayonnaise**, **soy sauce** and **water (for the mayo)**.



## 4. Cook the veggies

Heat a large frying pan over a medium-high heat. When the pan is hot, add the **carrot** and a **splash** of **water** and cook, tossing, until tender, **4-5 minutes**. Add the **snow peas** and cook until tender, **2-3 minutes**. Season and transfer to a second medium bowl. Cover to keep warm.



## 5. Cook the chicken

Return the frying pan to a high heat with a **drizzle** of **olive oil**. When the oil is hot, add the **chicken** and cook, tossing, until cooked through, **4-5 minutes**. Remove the pan from the heat, add the **Sichuan garlic paste** and toss to coat.

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



## 6. Serve up

Divide the garlic rice between bowls. Top with the veggies and Sichuan chicken. Spoon over any sauce remaining in the pan. Drizzle with the soy mayo and garnish with **crispy shallots** to serve.

**Enjoy!**