

SICHUAN CHICKEN RICE BOWL

with Veggies & Crispy Shallots





Add Sichuan flavours to a chicken rice bowl













Red Capsicum



Chicken Breast

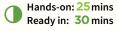






Crispy Shallots

Pantry Staples: Olive Oil, Butter, Soy Sauce





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

Our fruit and veggies need a little wash first! Along with basic cooking tools, you will use:

· large saucepan with a lid · large frying pan



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 PREPPEDWhile the rice is cooking, cut the **carrot** (unpeeled) into half-moons. Trim the **snow peas** and cut into 2cm pieces. Cut the **red capsicum** into 1cm pieces. Cut the **chicken breast** into 2cm chunks.



MAKE THE SOY MAYONNAISE
In a medium bowl, combine the
mayonnaise, soy sauce and water (for the
mayo). *TIP: Keep the mayo plain if the kids
would prefer!



COOK THE VEGGIES

Heat a large frying pan over a mediumhigh heat. When the pan is hot, add the carrot and capsicum, then a splash of water and cook, tossing, until tender, 4-5 minutes.

Add the snow peas and cook until tender, 2-3 minutes. Season with salt and pepper and transfer to a second medium bowl. Cover to keep warm.



Seturn 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.



SERVE UPDivide the garlic rice between bowls. Top with the veggies and Sichuan chicken. Spoon over any sauce remaining in the pan. Drizzle with the soy mayonnaise. Garnish the adults' portions with **crispy shallots**.

ENJOY!

4-5 PEOPLE

INGREDIENTS

	4-5P	
olive oil*	refer to method	
garlic	4 cloves	
butter*	40g	
jasmine rice	2 packets	
water* (for the rice)	2½ cups	
salt*	½ tsp	
carrot	1	
snow peas	1 bag (200g)	
red capsicum	1	
chicken breast	1 packet	
mayonnaise	2 packets (80g)	
soy sauce*	1½ tsp	
water* (for the mayo)	2 tsp	
Sichuan garlic paste	2 tubs (160g)	
crispy shallots	1 packet	

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3600kJ (859Cal)	796kJ (190Cal)
Protein (g)	47.0g	10.4g
Fat, total (g)	37.3g	8.3g
saturated (g)	10.8g	2.4g
Carbohydrate (g)	81.5g	18.0g
- sugars (g)	15.8g	3.5g
Sodium (g)	1220mg	271mg

For allergens and ingredient information, visit **HelloFresh.com.au/foodinfo**

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