



SICHUAN CHICKEN RICE BOWL

with Veggies & Crispy Shallots



Add Sichuan flavours to a chicken rice bowl



Garlic



Jasmine Rice



Carrot



Snow Peas



Red Capsicum



Chicken Breast



Mayonnaise



Sichuan Garlic Paste



Crispy Shallots

Pantry Staples: Olive Oil, Butter, Soy Sauce

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

Eat me early

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.

BEFORE YOU START

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**



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 **red capsicum** into 1cm pieces. Cut the **chicken breast** into 2cm chunks.



3 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!



4 COOK THE VEGGIES

Heat a large frying pan over a medium-high 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.



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.



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 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](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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