

Dinner - Sichuan Chicken with Sesame Veggie Toss + Kids Dinner - Sichuan Chicken & Rice

Grab your Meal Kit with this symbol



Potato



Carrot



Zucchini



Red Onion



Mixed Sesame Seeds



Cornflour



Baby Spinach Leaves



Coriander



Chicken-Style Stock Powder



Mayonnaise



Chicken Tenderloins



Sichuan Garlic Paste

Kids Dinner



Microwavable Basmati Rice

DINNER
Prep in: **20-30** mins
Ready in: **35-45** mins

KIDS DINNER
Ready in: **10** mins

Eat Me Early

Enjoy one meal, two ways with our '+ Kids' Dinner range. Cook a delicious dinner for the adults, and at the same time, create a kid-friendly meal with a simple twist.

Pantry items

Olive Oil, Soy Sauce, 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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
carrot	2	4
zucchini	2	4
red onion	2	4
mixed sesame seeds	1 medium packet	1 large packet
soy sauce*	1 tbs	2 tbs
mayonnaise	1 packet (40g)	1 packet (100g)
cornflour	1 large packet	1 large & 1 medium packet
chicken-style stock powder	1 large sachet	2 large sachets
chicken tenderloins	1 large packet	1 large & 1 small packet
Sichuan garlic paste	2 packets	3 packets
baby spinach leaves	1 medium bag	1 large bag
coriander	1 bag	1 bag
microwavable basmati rice	1 packet	1 packet
butter*	20g	40g

*Pantry Items

Nutrition

Dinner	Per Serving	Per 100g
Avg Qty		
Energy (kJ)	2430kJ (580Cal)	382kJ (91Cal)
Protein (g)	45.2g	7.1g
Fat, total (g)	21.7g	3.4g
- saturated (g)	2.3g	0.4g
Carbohydrate (g)	45.9g	7.2g
- sugars (g)	20.5g	3.2g
Sodium (g)	1150mg	181mg

Kids Dinner	Per Serving	Per 100g
Avg Qty		
Energy (kJ)	3040kJ (727Cal)	428kJ (102Cal)
Protein (g)	47.1g	6.6g
Fat, total (g)	21.9g	3.1g
- saturated (g)	7.6g	1.1g
Carbohydrate (g)	79.7g	11.2g
- sugars (g)	19.7g	2.8g
Sodium (mg)	716mg	101mg

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.

We're here to help!

Scan here if you have any questions or concerns



2022 | CW23



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato, carrot** and **zucchini** into bite-sized chunks. Cut **red onion** into wedges.
- Place **potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Place **carrot, zucchini** and **onion** on a second lined oven tray. Drizzle with **olive oil**, sprinkle with **mixed sesame seeds** and season with **salt**. Toss to coat.
- Roast both **veggie** trays until tender, **25-30 minutes**.



Toss the veggies

- To the **sesame roast veggie** tray, add **baby spinach leaves**. Toss to coat.
- Reserve two portions of **sesame veggie toss** for the kids' dinner.
- For the adults' portion, transfer roast **potato** to the tray with remaining **sesame veggie toss**. Toss to combine.



Get prepped

- Meanwhile, combine the **soy sauce** and **mayonnaise** in a small bowl. Set aside.
- When the veggies have **10 minutes** remaining, combine **cornflour, chicken-style stock powder** and a good pinch of **pepper** in a medium bowl. Add **chicken tenderloins**, tossing to coat.



Serve the adults' dinner

- Reserve two portions of chicken for the kids' dinner.
- Divide the sesame roast veggie toss with potato between plates. Top with remaining Sichuan chicken. Spoon over any remaining sauce from pan.
- Tear over **coriander** leaves. Serve with soy mayo.



Cook the chicken

- In a large frying pan, heat a good drizzle of **olive oil** over high heat.
- When oil is hot, dust off any excess flour from **chicken**, then cook **chicken**, in batches and tossing occasionally, until browned and cooked through, **5-6 minutes**.
- Remove pan from heat. Return all **chicken** to pan, then add **Sichuan garlic paste**, tossing chicken to coat. Transfer to a bowl.

TIP: Add extra oil between batches if necessary.

TIP: The Sichuan paste may char in the pan, this adds to the flavour!



Serve up

- When you're ready to pack the kids' dinner, divide **microwavable basmati rice** and the **butter** between two microwave-safe containers or bowls.
- Cut reserved Sichuan chicken into bite-sized chunks. Place chicken and sesame veggie toss on top of rice. Cover, then refrigerate.
- When ready to serve, reheat Sichuan chicken and rice for **60-90 second** bursts, until heated through. Season to taste. Enjoy!

Rate your recipe

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