

Easy Sweet Chilli Chicken Bowl

with Rapid Rice & Garlic Asian Veggies

Grab your Meal Kit with this symbol



Jasmine Rice



Carrot



Capsicum



Green Beans



Lime



Garlic Paste



Chicken Tenderloins



Southeast Asian Spice Blend



Sweet Chilli Sauce



Oyster Sauce



Crispy Shallots

 Hands-on: **15-25 mins**
Ready in: **20-30 mins**

 Eat me early

We've turned a popular favourite - sweet chilli chicken- into a easy and low-fuss meal everyone can happily devour in no time. In only four simple steps and using our rapid rice method, this colourful bowl beats any takeaway version.

Pantry items

Olive Oil, 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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
jasmine rice	1 packet	2 packets
carrot	1	2
capsicum	1	2
green beans	1 bag (100g)	1 bag (200g)
lime	1	2
garlic paste	½ tub	1 tub
chicken tenderloins	1 small packet	1 large packet
Southeast Asian spice blend	1 sachet	2 sachets
sweet chilli sauce	1 packet (50g)	1 packet (100g)
oyster sauce	1 sachet	1 sachet
soy sauce*	2 tsp	1 tbs
crispy shallots	1 sachet	2 sachets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2917kJ (697Cal)	468kJ (112Cal)
Protein (g)	50.8g	8.2g
Fat, total (g)	9.3g	1.5g
- saturated (g)	3.2g	0.5g
Carbohydrate (g)	97.5g	15.7g
- sugars (g)	30.8g	15.7g
Sodium (mg)	2106mg	338mg

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](https://www.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 rapid rice

Boil a kettle of water. Half-fill a medium saucepan with the boiling water. Add the **basmati rice** and a pinch of **salt** and cook over a high heat until tender, **12 minutes**. Drain and set aside. Meanwhile, slice the **carrot** into rounds. Thinly slice the **capsicum** into strips. Trim and half the **green beans**. Slice the **lime** into wedges.

3



Cook the chicken

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **chicken tenderloins** and **Southeast Asian spice blend** and cook, tossing occasionally, until browned and cooked through, **3-4 minutes**. Add the **sweet chilli sauce**, **oyster sauce**, **soy sauce** and a generous squeeze of **lime juice** to the pan. Toss to combine and remove from the heat.

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

2



Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **carrot** and **capsicum** until tender, **4-5 minutes**. Add the **green beans** and **garlic paste** (see ingredients) and cook until fragrant, **1-2 minutes**. Transfer to a bowl and set aside.

4



Serve up

Divide the rice between bowls. Top with garlic Asian veggies and sweet chilli chicken. Pour over any remaining pan sauce. Sprinkle over the **crispy shallots** and serve with any remaining lime wedges.

Enjoy!