



# Sichuan-Glazed Chicken

with Garlic Rice & Roasted Cashews

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Ginger



Carrot



Asian Greens



Coriander



Long Green Chilli (Optional)



Chicken Thigh



Sichuan Garlic Paste



Roasted Cashews

Hands-on: **20-30 mins**  
Ready in: **30-40 mins**

Eat me early

Spicy (optional long green chilli)

Our recipe creators have outdone themselves with this superbly tasty dish. Sichuan garlic paste and soy sauce give the chicken and veggies masses of flavour, while fluffy garlic rice is an ideal base. We aren't sure who the real hero is in this dish – you decide!

### 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

Medium saucepan with a lid · Large frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
ginger	1 knob	2 knobs
carrot	1	2
Asian greens	1 packet	1 packet
coriander	1 bunch	1 bunch
long green chilli (optional)	½	1
chicken thigh	1 packet	1 packet
soy sauce*	1 tbs	2 tbs
Sichuan garlic paste	1 packet (80g)	2 packets (160g)
roasted cashews	1 packet	2 packets

\*Pantry items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3230kJ (772Cal)	736kJ (176Cal)
Protein (g)	40.0g	9.1g
Fat, total (g)	29.6g	6.8g
- saturated (g)	9.6g	2.2g
Carbohydrate (g)	81.8g	18.6g
- sugars (g)	18.0g	4.1g
Sodium (mg)	1410mg	321mg

### Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/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 medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add **2/3** of the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and the **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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



## 2. Get prepped

While the rice is cooking, finely grate the **ginger**. Thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **Asian greens**. Roughly chop the **coriander**. Thinly slice the **long green chilli** (see **ingredients list**), if using. Cut the **chicken thigh** into 2cm chunks.



## 3. Flavour the chicken

In a medium bowl, combine the **ginger**, **remaining garlic**, **soy sauce** and **olive oil** (**1 tbs for 2 people / 2 tbs for 4 people**). Add the **chicken** and toss to coat.



## 4. Cook the chicken

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **chicken** and cook, tossing, until browned and cooked through, **5-6 minutes**. Transfer to a plate.

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



## 5. Cook the veggies

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **carrot** and cook until just tender, **2-3 minutes**. Add the **Asian greens**, then reduce the heat to medium and simmer until wilted slightly, **2 minutes**. Return the **chicken** to the pan and add the **Sichuan garlic paste**. Stir to coat and season to taste.



## 6. Serve up

Divide the garlic rice between bowls and top with the Sichuan-glazed chicken and veggies. Sprinkle with the coriander, **roasted cashews** and chilli (if using).

## Enjoy!