



PORTUGUESE-STYLE CHICKEN STRIPS

with Roasted Veggie Rice & Corn Cobs



Make a Portuguese-style marinade



Red Onion



King Sweetie Capsicum



Courgette



Carrot



Corn



Lemon



Garlic



Basmati Rice



Smoked Paprika



Chilli Flakes (Optional)



Chicken Breast Strips



Parsley



Smokey Aioli

Hands-on: **30-40** mins
Ready in: **40-50** mins

Eat me early

Spicy (optional chilli flakes)

Take your tastebuds on a trip to Portugal with this colourful feast. An easy marinade on the chicken, veggies roasted to sweet perfection and smoky aioli is what it's all about.

Pantry Staples: Olive Oil, Butter, Brown Sugar

BEFORE YOU START

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

- oven tray lined with **baking paper**
- medium saucepan** with a **lid**
- large frying pan**



1 ROAST THE VEGGIES

Preheat the oven to **220°C/200°C fan-forced**. Cut the **red onion** into 2cm wedges. Slice the **King Sweetie capsicum** into thin strips. Cut the **courgette** and **carrot** (unpeeled) into 2cm chunks. Place the **veggies** on an oven tray lined with baking paper, **drizzle** with **olive oil**, season with a **pinch** of **salt** and **pepper** and toss to coat. Cut the **corn** cob in half and place on the tray. Roast until the **veggies** are tender and the **corn** is golden, **25-30 minutes**. Slice the **lemon** (see **ingredients list**) into wedges.



4 COOK THE CHICKEN

When the veggies have **5 minutes** cook time remaining, heat a **drizzle of olive oil** in a large frying pan over a high heat. When the oil is hot, add the **chicken** and cook, tossing, until browned and cooked through, **3-4 minutes**. **TIP:** The sugar in the marinade will *caramelize slightly in the pan, this adds to the flavour!* **TIP:** The chicken is cooked when it is *no longer pink inside*.



2 COOK THE GARLIC RICE

While the veggies are roasting, 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 **1/2** the **garlic** and cook until fragrant, **1 minute**. Add the **basmati rice**, **water** and **1/2** the **salt**, stir and 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!



5 FINISH THE RICE

Remove the **corn** cobs from the oven tray and set aside. Fold the roasted **veggies**, **parsley** and a **squeeze of lemon juice** through the garlic rice. Season to taste with **salt** and **pepper**.



3 GET PREPPED

In a medium bowl, combine the **smoked paprika**, **brown sugar**, **remaining salt**, **remaining garlic**, a **small squeeze of lemon juice**, a **drizzle of olive oil** and a **pinch of chilli flakes** (if using). Add the **chicken breast strips** to the marinade and toss to coat. Set aside. Roughly chop the **parsley** (reserve a few leaves for garnish).



6 SERVE UP

Divide the roasted veggie garlic rice between bowls. Top with the Portuguese chicken strips and corn cobs (spread with a little butter if you like). Top with the **smokey aioli** and reserved parsley leaves. Serve with the remaining lemon wedges.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red onion	1	2
King Sweetie capsicum	1	2
courgette	1	2
carrot	1	2
corn	1	2
lemon	½	1
garlic	4 cloves	8 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water*	1½ cups	3 cups
salt*	½ tsp	1 tsp
smoked paprika	1 sachet	2 sachets
brown sugar*	2 tsp	4 tsp
chilli flakes (optional)	pinch	pinch
chicken breast strips	1 packet	1 packet
parsley	1 bunch	1 bunch
smokey aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	4170kJ (997Cal)	575kJ (137Cal)
Protein (g)	49.0g	6.8g
Fat, total (g)	49.0g	6.8g
- saturated (g)	9.7g	1.3g
Carbohydrate (g)	87.8g	12.1g
- sugars (g)	19.6g	2.7g
Sodium (g)	861mg	119mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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