



# Quick Sichuan Chicken

with Garlic Rice & Veggies

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Chicken Breast



Mayonnaise



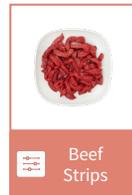
Shredded Wombok



Sichuan Garlic Paste



Crispy Shallots



Beef Strips

Hands-on: **20-30 mins**  
Ready in: **25-35 mins**

Eat Me Early

Coat chicken breast chunks in our mild Sichuan garlic paste for an instant upgrade to your weeknight dinner. Serve with a simple garlic-infused rice, and top with a quick soy mayo and a sprinkle of crispy shallots for a delightful mix of flavours and textures.



**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### 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	2 cloves	4 cloves
butter*	20g	40g
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
chicken breast	1 small packet	1 large packet
mayonnaise	1 packet (40g)	2 packets (80g)
soy sauce*	1 tsp	2 tsp
water* (for the mayo)	1 tsp	2 tsp
shredded wombok	1 medium bag	1 large bag
Sichuan garlic paste	1 packet	2 packets
crispy shallots	1 medium packet	1 large packet
beef strips**	1 small packet	1 medium packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3512kJ (839Cal)	709kJ (169Cal)
Protein (g)	42.5g	8.6g
Fat, total (g)	37.2g	7.5g
- saturated (g)	10.8g	2.2g
Carbohydrate (g)	85.7g	17.3g
- sugars (g)	18.2g	3.7g
Sodium (mg)	1017mg	205mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3505kJ (837Cal)	770kJ (184Cal)
Protein (g)	41.5g	9.1g
Fat, total (g)	37.6g	8.3g
- saturated (g)	11.4g	2.5g
Carbohydrate (g)	85.7g	18.8g
- sugars (g)	18.2g	4g
Sodium (mg)	986mg	217mg

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://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

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## Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook **garlic** until fragrant, **1-2 minutes**. Add the **water (for the rice)** and a generous pinch of **salt**, then bring to the boil.
- Add **jasmine rice**. Stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove from heat. Keep covered until rice is tender and water is absorbed, **10-15 minutes**.

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

3



## Cook the veggies & chicken

- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook **carrot** with a splash of **water**, tossing, until tender, **3-4 minutes**. Add **shredded wombok** and cook until wilted, **2 minutes**. Season with **salt** and **pepper**, then transfer to a bowl. Cover to keep warm.
- Return frying pan to a high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken**, tossing, until cooked through, **4-5 minutes**. Remove from heat, then add **Sichuan garlic paste**, tossing to coat.

### CUSTOM RECIPE

Cook veggies as above. Return pan to a high heat with a drizzle of olive oil. When oil is hot, cook beef, in batches, until browned and cooked through, 1-2 minutes. Return all beef to pan, then continue as above.

2



## Get prepped

- While rice is cooking, thinly slice **carrot** into half-moons. Cut **chicken breast** into 2cm chunks.
- In a small bowl, combine **mayonnaise**, **soy sauce** and the **water (for the mayo)**.

### CUSTOM RECIPE

If you've swapped to beef strips, prep the carrot and soy mayo as above.

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## Serve up

- Divide garlic rice between bowls. Top with veggies and Sichuan chicken, spooning over any remaining sauce from pan.
- Drizzle with soy mayo. Sprinkle with **crispy shallots** to serve.

## Enjoy!

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