



SWEET CHILLI CHICKEN RICE BOWL

with Pickled Onion & Toasted Sesame Dressing



Make a toasted
sesame dressing



Garlic



Jasmine Rice



Red Onion



Carrot



Asian Greens



Green Beans



Coriander



Chicken Breast



Sesame Seeds



Mayonnaise



Sweet Chilli
Sauce



Crushed Peanuts

Hands-on: **30-40** mins
Ready in: **35-45** mins

Eat me early

This nutty delight uses sesame seeds, peanuts and sweet chilli sauce to top a flavourful mix of veggies and sliced chicken breast for a crave-worthy dinner that's as pretty as a picture.

Pantry Staples: Olive Oil, Butter, Rice Wine Vinegar, Sesame Oil (Or Oil), Soy Sauce, Sugar

BEFORE YOU START

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

- **medium saucepan** with a **lid**
- **large frying pan**



1 COOK THE GARLIC RICE

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** over a medium heat. Add the **garlic** and cook until fragrant, **1 minute**. Add the **water (for the rice)**, **jasmine rice** and **salt**, stir and bring to the boil. Cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove from the heat and keep covered, until the rice is tender and the water is absorbed, **10-15 minutes**. **TIP:** *The rice will finish cooking in its own steam so don't peek!*



4 MAKE THE SESAME DRESSING

Heat a large frying pan over a medium-high heat. Add the **sesame seeds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl. Add the **mayonnaise**, **sesame oil**, **soy sauce**, **sugar** and **rice wine vinegar (for the dressing)**. Mix well and set aside. **TIP:** *The hot sesame seeds might sizzle in the sauce, this adds to the flavour!*



2 PICKLE THE ONION

While the rice is cooking, thinly slice the **red onion (see ingredients list)**. In a small bowl, combine the **rice wine vinegar (for the pickle)**, **water (for the pickle)** and a **good pinch** of **sugar** and **salt**. Scrunch the **onion** in your hands, then add to the pickling liquid and stir to coat. Set aside until serving. **TIP:** *Stir the onion occasionally so it stays submerged.*



5 COOK THE VEGGIES & CHICKEN

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **carrot**, **green beans** and a **splash** of **water** and cook until tender, **4 minutes**. Add the **Asian greens** and cook until wilted, **2 minutes**. Season to taste with **salt** and **pepper**, then transfer to a plate. Return the pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **chicken** and cook, tossing occasionally, until cooked through, **4-5 minutes**. Remove from the heat and stir through the **sweet chilli sauce**.



3 GET PREPPED

While the onion is pickling, thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **Asian greens**. Trim and halve the **green beans**. Roughly chop the **coriander**. Cut the **chicken breast** into 1cm strips.



6 SERVE UP

Drain the pickled onion. Divide the garlic rice between bowls and top with the sweet chilli chicken and veggies. Stir the sesame dressing until well combined and drizzle over the top. Garnish with the coriander, **crushed peanuts** and pickled onion.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
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 packet	2 packets
salt*	¼ tsp	½ tsp
red onion	½	1
rice wine vinegar* (for the pickle)	¼ cup	½ cup
water* (for the pickle)	¼ cup	½ cup
carrot	1	2
Asian greens	1 bunch	2 bunches
green beans	1 bag (100g)	1 bag (200g)
coriander	1 bunch	1 bunch
chicken breast	1 packet	1 packet
sesame seeds	2 sachets	4 sachets
mayonnaise	1 packet (40g)	1 packet (100g)
sesame oil* (or oil)	2 tsp	4 tsp
soy sauce*	1½ tsp	1 tbs
sugar*	1 tsp	2 tsp
rice wine vinegar* (for the dressing)	1 tsp	2 tsp
sweet chilli sauce	1 packet (50g)	1 packet (100g)
crushed peanuts	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	4020kJ (961Cal)	747kJ (178Cal)
Protein (g)	49.1g	9.1g
Fat, total (g)	46.0g	8.5g
- saturated (g)	11.5g	2.1g
Carbohydrate (g)	86.5g	16.1g
- sugars (g)	21.0g	3.9g
Sodium (g)	1050mg	195mg

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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