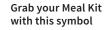


Sichuan Chicken & Garlic Rice

with Stir-Fried Veggies & Crispy Shallots

KID FRIENDLY

CLIMATE SUPERSTAR







Garlic Paste





Chicken Drumstick



Asian Stir-Fry



Sichuan Garlic



Crispy Shallots

Paste



Mayonnaise



Prep in: 15-25 mins Ready in: 30-40 mins



Eat Me Early

There's a lot you can do with a good sauce, so let's take a look at the one we have for tonight? That's right, we have a craving for Sichuan chicken, so glaze our flavorful Sichuan garlic paste over chicken and pile on the fragrant rice and stir-fried veggies for another sauce-tastic dinner!



Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butter*	20g	40g
garlic paste	1 medium packet	2 medium packets
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
chicken drumstick fillet	1 medium packet	2 medium packets OR 1 large packet
Asian stir-fry mix	1 medium packet	1 large packet
plain flour*	2 tsp	4 tsp
Sichuan garlic paste	1 packet	2 packets
crispy shallots	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
peeled prawns**	1 packet	2 packets

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3671kJ (877Cal)	752kJ (180Cal)
Protein (g)	39.4g	8.1g
Fat, total (g)	33.7g	6.9g
- saturated (g)	11.8g	2.4g
Carbohydrate (g)	100.2g	20.5g
- sugars (g)	18.3g	3.8g
Sodium (mg)	1461mg	299mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3277kJ (783Cal)	766kJ (183Cal)
Protein (g)	24.3g	5.7g
Fat, total (g)	27.6g	6.4g
- saturated (g)	10.1g	2.4g
Carbohydrate (g)	101.2g	23.6g
- sugars (g)	19.3g	4.5g
Sodium (mg)	1978mg	462mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.







Make the garlic rice

- In a medium saucepan, heat butter with a dash of olive oil over medium heat. Cook half the garlic paste until fragrant, 1-2 minutes.
- Add the water and a generous pinch of salt and bring to the boil.
- Add jasmine rice, stir, cover with a lid and reduce heat to low. Cook for 12 minutes, then remove from heat and 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!

Little cooks: Older kids can help add the rice to the saucepan under adult supervision. Be careful, the water is boiling!



Cook the chicken

- While veggies are cooking, combine the plain flour and a pinch of salt in a medium bowl. Add chicken and toss to coat.
- Return frying pan to high heat with a drizzle of olive oil. Cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Add Sichuan garlic paste and a splash of water, toss to coat and cook until slightly reduced, 1 minute.

Custom Recipe: If you've upgraded to peeled prawns, flavour as above. Heat pan over medium-high heat with a drizzle of olive oil. Cook prawns, tossing, until pink and starting to curl up, 3-4 minutes. Continue with recipe.



Cook the veggies

- While rice is cooking, cut chicken drumstick fillet into 2cm chunks.
- When the rice has 10 minutes remaining, heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook Asian stir-fry mix until tender, 4-5 minutes.
- Add remaining garlic paste and cook until fragrant, 1 minute. Season.
 Transfer to a bowl and cover to keep warm.



Serve up

- Divide garlic rice between bowls. Top with stir-fried veggies and Sichuan chicken.
- Garnish with **crispy shallots** and serve with **mayonnaise**. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the garnish!