



# Easy Asian Chilli Jam Pulled Chicken

with Rapid Rice, Steamed Veggies & Crispy Shallots

Grab your Meal Kit  
with this symbol



Baby Broccoli



Carrot



Jasmine Rice



Salad Leaves



Pulled Chicken



Sweet Soy  
Seasoning



Garlic Paste



Chilli Jam



Crispy Shallots

## Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **10-20** mins  
Ready in: **20-30** mins



Calorie Smart



Eat Me Early

Looking for something easy to eat that doesn't compromise on flavour? Then we certainly have you covered! With rapid rice ready in no time served alongside pulled chicken, combined in our sweet soy seasoning and finished with a tasty punch of chilli jam, you will be ready and devouring this bowl in no time.

## Pantry items

Olive Oil, Sesame Oil, 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
baby broccoli	1 bag	1 bag
carrot	1	2
jasmine rice	1 packet	1 packet
salad leaves	1 small bag	1 medium bag
sesame oil*	drizzle	drizzle
pulled chicken	1 packet	1 packet
sweet soy seasoning	1 sachet	2 sachets
garlic paste	1 packet	1 packet
chilli jam	1 medium packet	1 large packet
soy sauce*	1 tsp	2 tsp
water*	1/3 cup	2/3 cup
crispy shallots	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2449kJ (585Cal)	659kJ (158Cal)
Protein (g)	31.3g	8.4g
Fat, total (g)	7.6g	2g
- saturated (g)	2.5g	0.7g
Carbohydrate (g)	96.7g	26g
- sugars (g)	19.8g	5.3g
Sodium (mg)	1636mg	440mg

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](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 rice

- Boil the kettle. Trim **baby broccoli**. Thinly slice **carrot** into sticks.
- Half-fill a medium saucepan with boiling water.
- Cook **jasmine rice** and a pinch of **salt**, uncovered, over high heat until tender, **12-14 minutes**.
- Drain, rinse with **warm water** and return to the saucepan. Cover to keep warm.

3



## Cook the chicken

- While the veggies are steaming, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **pulled chicken**, breaking up with a spoon, until browned and warmed through, **2-3 minutes**.
- Add **sweet soy seasoning** and **garlic paste** and cook until fragrant, **1 minute**.
- Remove from heat, then add **chilli jam**, the **soy sauce** and the **water**, tossing to combine. Season with **pepper**.

2



## Steam the veggies

- When the rice has **7-8 minutes** cook time remaining, place a colander or steamer basket on top of saucepan, then add **carrot** and **broccoli**.
- Cover with a lid and steam until veggies are tender, **7-8 minutes**. Transfer to a bowl. Add **salad leaves** and a drizzle of **sesame oil**. Toss, season and set aside.

4



## Serve up

- Divide rapid rice between bowls.
- Top with Asian chilli jam pulled chicken and steamed veggies.
- Garnish with **crispy shallots**.

## Enjoy!