



SWEET CHILLI CHICKEN RICE BOWL

with Pickled Chilli & Toasted Sesame Dressing



Make a toasted
sesame dressing



Jasmine Rice



Long Red Chilli
(Optional)



Carrot



Zucchini



Asian Greens



Coriander



Chicken Breast



Sesame Seeds



Mayonnaise



Sweet Chilli
Sauce



Crushed Peanuts



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



Naturally gluten-free
Not suitable for Coeliacs



Eat me early



Spicy (optional
long red chilli)



Low calorie

Get ready for a bowl full of deliciousness! This nutty delight uses sesame seeds, peanuts and sweet chilli sauce to top a flavourful mix of veggies and sliced chicken breast for a hearty and crave-worthy dinner.

Pantry Staples: Olive Oil, Rice Wine Vinegar, Sesame Oil (Or Oil), Soy Sauce (Or Gluten-Free Tamari 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 RICE

In a medium saucepan, bring the **water (for the rice)** to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove from the heat and set aside, 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! Season with salt and pepper.



2 PICKLE THE CHILLI (OPTIONAL)

While the rice is cooking, thinly slice the **long red chilli** (see ingredients list), if using. In a small bowl, combine the chilli, **rice wine vinegar (for the pickle)**, **water (for the pickle)**, a **generous pinch of salt** and a **generous pinch of sugar**. Stir to coat the chilli in the liquid, then set aside until just before serving.



3 GET PREPPED

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



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!



5 COOK THE VEGGIES & CHICKEN

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **carrot** and **zucchini** and cook until tender, **3 minutes**. Add the **Asian greens** and cook until wilted, **2 minutes**. Season to taste with **salt** and **pepper** and 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.



6 SERVE UP

Drain the pickled chilli. Divide the rice between bowls and top with the sweet chilli chicken, carrot, zucchini and Asian greens. Stir the sesame dressing until well combined and drizzle over the top. Sprinkle with the coriander, **crushed peanuts** and pickled chilli (if using). **TIP:** For the low-calorie option, serve with 1/2 the rice, 1/2 the peanuts and 1/2 the sesame dressing.

ENJOY!

2/4 PEOPLE — INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 packet	2 packets
long red chilli (optional)	½	1
rice wine vinegar* (for the pickle)	2 tbs	⅓ cup
water* (for the pickle)	2 tbs	⅓ cup
carrot	1	2
zucchini	1	2
Asian greens	1 bunch	2 bunches
coriander	1 bag	1 bag
chicken breast	1 small packet	1 large packet
sesame seeds	2 sachets	4 sachets
mayonnaise	1 tub (40 g)	2 tubs (80 g)
sesame oil* (or oil)	2 tsp	1 tbs
soy sauce* (or gluten-free tamari soy sauce)	1½ tsp	3 tsp
sugar*	1 tsp	2 tsp
rice wine vinegar* (for the dressing)	1 tsp	2 tsp
sweet chilli sauce	1 tub (50 g)	1 tub (100 g)
crushed peanuts	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2300kJ (549Cal)	472kJ (113Cal)
Protein (g)	42.7g	8.8g
Fat, total (g)	19.2g	4.0g
- saturated (g)	3.9g	0.8g
Carbohydrate (g)	49.1g	10.1g
- sugars (g)	17.1g	3.5g
Sodium (g)	605mg	124mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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