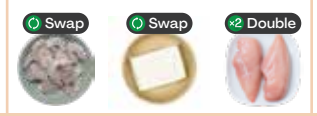




Vietnamese Chicken Bowls

with Quick-Pickled Veggies

25 Minutes



Shrimp 250 g | 570 g
Tofu 1 | 2
Chicken Breasts* 4 | 8

Customized Protein + Add Swap or *2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



- Chicken Breasts* 2 | 4
- Jasmine Rice ¾ cup | 1 ½ cup
- Nuoc Cham 2 tbsp | 4 tbsp
- Soy Sauce ½ tbsp | 1 tbsp
- Carrot 1 | 2
- Seasoned Rice Vinegar 1 tbsp | 2 tbsp
- Garlic Salt 1 tsp | 2 tsp
- Mini Cucumber 1 | 2
- Sweet Chili Sauce 2 tbsp | 4 tbsp

You have been entered for a chance to win **1 OF 25 FREE VIDA BBQS!**

Keep ordering from the summer menu throughout June to get more chances to win. Every order of a summer menu recipe gets you an entry into the contest.

No Purchase Necessary. Mail-in essay permitted as an alternate form of entry. This contest ("Contest") is sponsored and operated by GDE Grocery Delivery E-Services Canada Inc. ("HelloFresh"). Contest open to individuals legally resident in British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, New Brunswick, Prince Edward Island, Nova Scotia, and Newfoundland and Labrador who are the legal age of majority or older in the province of residence at time of entry. Contest closed to residents of Quebec. Contest begins June 3, 2024 at 9:00 a.m. EST and ends on June 30, 2024 at 11:59 p.m. EST Skill-testing question required. Odds of winning depends on number of eligible entries. No set number of prizes has been allocated to any particular province or region. Limit six entries per person per week. If entering via eligible purchase, only marked summer recipes are eligible. 25 Prizes: each a Vida by PROVERNO Essence Series 4 Burner Propane Gas BBQ Grill (approx. retail value of \$949.99 CAD), Canadian Tire is not a sponsor, co-sponsor, or administrator of the contest. Full contest rules and details are accessible at [hellofresh.ca/freshsummer](https://www.hellofresh.ca/freshsummer).

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.
Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Oil, salt, pepper

Cooking utensils | Baking sheet, large non-stick pan, measuring cups, measuring spoons, medium bowl, medium pot, paper towels, small bowl, strainer, vegetable peeler

1



Cook rice

- Before starting, preheat the oven to 450°F.
- Add 1 cup (2 cups) water to a medium pot.
- Cover and bring to a boil over high heat.
- Wash and dry all produce.

- Using a strainer, rinse **rice** until water runs clear.
- Add **rice** and **half the garlic salt** to the **boiling water**, then reduce heat to medium-low. Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min. (NOTE: Reduce heat to low if water is boiling over.)
- Remove from heat. Set aside, still covered.

4



Roast carrots and chicken

Swap | Shrimp

Swap | Tofu

- When **carrots** have roasted for 10 min, carefully remove from oven.
- Add **chicken** to the same baking sheet, then drizzle ½ **tbsp** **sweet chili sauce** over **each piece of chicken**.
- Return **carrots** and **chicken** to the oven until **carrots** are tender and **chicken** is cooked through, 10-14 min.**

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

2



Prep and start carrots

Swap | Shrimp

- Meanwhile, peel then cut **carrot** into ¼-inch rounds.
- Add **carrots** and ½ **tbsp** (1 **tbsp**) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven for 10 min. (NOTE: Carrots will continue to cook in step 4.)

5



Remaining prep

- Meanwhile, thinly slice **cucumbers**.
- Add **cucumbers**, **vinegar**, ½ **tbsp** (1 **tbsp**) **sweet chili sauce** and ½ **tbsp** (1 **tbsp**) **oil** to a medium bowl.
- Season with **salt** and **pepper**, then stir to combine.
- Combine **nuoc cham**, **soy sauce** and **remaining sweet chili sauce** in a small bowl.

3



Season and sear chicken

Swap | Shrimp

Swap | Tofu

*2 Double | Chicken Breast

- Heat a large non-stick pan over medium-high heat.
- Pat **chicken** dry with paper towels. Season with **remaining garlic salt** and **pepper**.
- When the pan is hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **chicken**. Sear until golden-brown, 1-2 min a side. Remove from heat.

6



Finish and serve

- Thinly slice **chicken**.
- Fluff **rice** with a fork, then divide between bowls.
- Top with **carrots**, **chicken** and **any sauce remaining** on baking sheet.
- Drizzle **nuoc cham mixture** over top.
- Serve **marinated cucumbers** alongside.

Measurements
within steps

1 **tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

2 | Prep and start carrots

Swap | Shrimp

If you've opted to get **shrimp**, increase initial **carrot** roast time to 15 min.

3 | Season shrimp

Swap | Shrimp

Skip the instruction to heat a pan. Using a strainer, drain and rinse **shrimp**. Pat dry with paper towels. Transfer to a plate. Season with **remaining garlic salt** and **pepper**. Drizzle with ½ **tbsp** (1 **tbsp**) **oil**, then toss to coat.

3 | Season and sear tofu

Swap | Tofu

If you've opted to get **tofu**, pat dry with paper towels. Cut **tofu** in half, parallel to the cutting board. Using a fork, poke **tofu** all over. Season and sear **tofu** in the same way as the **chicken breasts**.

3 | Season and sear chicken

*2 Double | Chicken Breast

If you've opted for **double chicken**, cook it in the same way as the **regular portion of chicken**. Work in batches, if necessary.

4 | Roast carrots and shrimp

Swap | Shrimp

When **carrots** have roasted for 15 min, carefully remove from oven. Add **shrimp** to other side of the same sheet, then drizzle 1 **tbsp** (2 **tbsp**) **sweet chili sauce** over top. Return **carrots** and **shrimp** to the oven, then roast until **carrots** are tender and **shrimp** is cooked through, 8-10 min.**

4 | Roast carrots and tofu

Swap | Tofu

Roast **tofu** in the same way as the **chicken breasts**, until golden.