

HELLO Hakka-Inspired Chili Chicken with Cilantro Rice

Discovery

Spicy

35 Minutes











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 🎥

Chicken Tenders

620 g | 1240 g

1 | 2



Chicken Tenders 310 g | 620 g



3/4 cup | 1 1/2 cups





1 | 2



30 g | 30 g







7g | 7g





2 tbsp | 4 tbsp



Cream Sauce Spice 4 tbsp | 8 tbsp



1 tbsp | 2 tbsp



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.



Cooking utensils | 2 Medium bowls, measuring spoons, medium pot, measuring cups, large non-stick pan, paper towels



Cook rice

- · Before starting, wash and dry all produce.
- Heat Guide for Step 5:
- Mild: ½ tsp (1 tsp) Medium: 1 tsp (2 tsp) • Spicy: 11/2 tsp (3 tsp) • Extra-spicy: 2 tsp (4 tsp)
- Peel, then mince or grate ginger.
- Heat a medium pot over medium heat.
- When hot, add ½ tbsp (1 tbsp) oil, then rice and half the ginger.
- Cook, stirring often, until fragrant, 2-3 min. Add 1 1/4 cups (2 1/2 cups) water and 1/4 tsp (1/2 tsp) salt and bring to a boil over high.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.



Prep

- Meanwhile, core, then cut green pepper into 1-inch pieces.
- Peel, then cut onion into 1-inch pieces. Separate onion layers.
- Roughly chop cilantro.
- Finely chop serrano, removing seeds for less heat. (TIP: We suggest using gloves when prepping serranos!)
- Meanwhile, combine sweet chili sauce, chili-garlic sauce, half the soy sauce and 1/4 cup (1/2 cup) water in a medium bowl.



Stir-fry veggies

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add 1/2 tbsp (1 tbsp) oil, then green peppers and onions. Season with salt and **pepper**.
- · Cook, stirring often, until tender-crisp, 4-5 min.
- Transfer veggies to a plate.



4 | Coat tofu

if necessary.

Measurements

4 | Coat chicken

2 Double | Chicken Tenders

If you've opted for **double chicken**, prepare and cook it in the same way the recipe instructs you to prepare and cook the

regular portion of chicken. Work in batches,

within steps

1 tbsp

oil

(2 tbsp)

O Swap | Tofu

If you've opted to get tofu, prepare and cook it the same way as the chicken, until golden-brown.



Coat chicken

2 Double | Chicken Tenders

🔘 Swap | Tofu

- · While veggies cook, pat chicken dry with paper towels on a separate cutting board, then cut into 1-inch pieces.
- Add chicken, remaining soy sauce and remaining ginger to another medium bowl.
- Season with salt and pepper, then toss to coat.
- Add Cream Sauce Spice Blend, then toss until each piece of chicken is fully coated.



Cook chicken

- Reheat the same pan (from step 3) over medium.
- When hot, add 2 tbsp (4 tbsp) oil, then chicken.
- Cook, flipping occasionally, until golden-brown and cooked through, 6-8 min.**
- When chicken is done, add sweet chili mixture and 1 tsp (2 tsp) serranos to the pan. (NOTE: Reference heat guide.)
- Cook, stirring occasionally, until sauce thickens slightly, 2-3 min.
- Add veggies. Cook, stirring often, until warmed through, 1-2 min.



Finish and serve

- Fluff rice with a fork, then stir in half the cilantro.
- Divide cilantro rice between plates.
- Top with chicken, veggies and remaining sauce from the pan.
- Sprinkle remaining cilantro over top.



Issue with your meal? Scan the QR code to share your feedback.

- ** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.
- * Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.