



# Breaded Crispy Chicken and Garlic Rice with Peas and Marinara Sauce

Little Chefs 30-35 Minutes • 2 of your 5 a day

10



Garlic Clove



Basmati Rice



Chicken Breast



Panko Breadcrumbs



Tomato Passata



Italian Style Herbs



Chicken Stock Paste



Peas



Grated Hard Italian Style Cheese

**Pantry Items**

Oil, Salt, Pepper, Egg, Sugar, Butter

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Garlic press, saucepan, lid, baking paper, bowl, frying pan, baking tray and grater.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	5	6
Basmati Rice	150g	225g	300g
Chicken Breast**	2	3	4
Panko Breadcrumbs <b>13)</b>	50g	60g	100g
Tomato Passata	1 carton	1½ cartons	2 cartons
Italian Style Herbs	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	10g	15g	20g
Peas**	120g	240g	240g
Grated Hard Italian Style Cheese** <b>7) 8)</b>	25g	25g	50g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Egg*	1	2	2
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	50ml	75ml	100ml
Butter*	20g	30g	40g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>485g</b>	<b>100g</b>
Energy (kJ/kcal)	3329 /796	686 /164
Fat (g)	19.7	4.1
Sat. Fat (g)	9.6	2.0
Carbohydrate (g)	97.8	20.2
Sugars (g)	10.3	2.1
Protein (g)	61.5	12.7
Salt (g)	2.34	0.48

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7) Milk 8) Egg 13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Cook the Garlic Rice

Preheat your oven to 220°C/200°C fan/gas mark 7.  
Peel and grate the **garlic** (or use a garlic press).

Pop a medium saucepan (with a tight-fitting lid) on medium-high heat with a drizzle of **oil**. Once hot, add **half** the **garlic** and stir-fry for 1 min.

Stir in the **rice**, **¼ tsp salt** and **water for the rice** (see pantry for amount) and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## Ready, Steady, Bake

When the **chicken** is golden, transfer to a baking tray.

Discard the **oil** from the frying pan and wipe it clean. Set aside.

Bake the **chicken** on the middle shelf of your oven until cooked through, 8-10 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*



## Bread the Chicken

Sandwich each **chicken breast** between two pieces of baking paper. Pop onto a board, then bash with the bottom of a saucepan until it's 1-2cm thick.

Crack the **egg** (see pantry for amount) into a medium bowl and whisk. Put the **breadcrumbs** into another bowl and season with **salt** and **pepper**.

Season the **chicken**, then dip into the **egg** and then the **breadcrumbs**, ensuring it's completely coated. Transfer to a clean plate. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging and discard any excess egg.*

**Little Chefs:** *Use your hands to dip the chicken into the egg and and cover in the breadcrumbs.*



## Make your Marinara Sauce

Pop the (now empty) pan back on medium heat with a drizzle of **oil**. Once hot, add the remaining **garlic** and and cook for 30 secs.

Add the **passata**, **Italian style herbs**, **chicken stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts) to the pan. Stir together and cook until thickened, 2-3 mins.

Taste and season with **salt** and **pepper** if needed.



## Time to Fry

Pop a large frying pan on high heat and add enough **oil** to coat the bottom of the pan. **TIP:** *You want the oil to be hot so the chicken fries properly - heat for 2-3 mins before you add the chicken.*

Once hot, carefully lay the **chicken** into the pan. Fry until golden-brown, 2-3 mins on each side. Adjust the heat if necessary.



## Finish and Serve

Fluff up the cooked **rice** with a fork. Stir through the **peas** and **butter** (see pantry for amount).

Share the **rice** between your bowls and top with the **crispy chicken**. Spoon over your **marinara sauce**.

Finish with a sprinkle of the **grated hard Italian style cheese** over the top.

**Little Chefs:** *Use a fork to fluff up the rice and mix in the peas and butter so it's ready to serve. Then help spoon everything into your bowls for eating!*

Enjoy!