

Firecracker Mayo Chicken

with Broccoli and Rice

hellóchef

Rushing home hungry? This firecracker dinner is speedy and spicy!

Cals 820 • Prot 60 • Carbs 98 • Fat 26

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🕒 cook: 20 min

R3043

Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Chicken	2 ppl	3 ppl	4 ppl	
Chicken breast	400	500	600	Grams
Vegetable oil	1	2	2	Tbsp
Salt	0.5	0.5	1	Tsp
Sauce				
Sriracha sauce	14	21	28	Grams
Sweet chilli sauce	40	60	80	ML
Apple cider vinegar	15	22	30	ML
Vegetable oil	1	2	2	Tbsp
Chilli flakes	2	2	4	Grams
Salt	0.5	0.5	0.5	Tsp
Mayonnaise 5*, 9*, 13*	50	75	100	Grams
Rice				
Jasmine rice	150	225	300	Grams
Water	300	450	600	ML
Salt	0.5	0.5	1	Tsp
To serve				
Broccoli	400	600	800	Grams
Spring onion	40	60	80	Grams
Sesame seeds 3*	10	15	20	Grams

Allergens

*5 Eggs, *9 Soya, *13 Mustard, *3 Sesame Seeds

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3428 / 820
Fat (g)	25.5
of which saturates (g)	4.3
Carbohydrate (g)	98
of which sugars (g)	13.8
Fiber (g)	8.2
Protein (g)	60.3
Salt (g)	2

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Boil rice

Rinse the **jasmine rice**. Add the **rice**, **measured water** and a pinch of **salt** to a pan with a lid and bring to a boil. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Remove the pan from heat and keep covered until serving.



2 Fry chicken

Meanwhile, heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken breasts** with a pinch of **salt** and cook for 5-7 min on either side until golden and cooked through.



3 Boil broccoli

Cook the **broccoli** in lightly salted boiling water for 5 min or until tender. Drain once cooked.



4 Mix sauce

Combine the **sriracha (spicy!)**, **sweet chilli sauce (spicy!)**, **apple cider vinegar**, **vegetable oil**, **chilli flakes (spicy!)** and a pinch of **salt** in a small bowl or glass. Mix well – this is your **sauce**.



5 Season chicken

Add the **sauce** to the **chicken** pan. Cook for 1 final min until the **chicken** is coated in the **sauce**. Take the pan off the heat. Transfer the **chicken** onto a plate. Let the **sauce** cool down for 3 min. Add the **mayonnaise** into the pan. Mix until combined.



6 Serve

Finely slice the **spring onion**. Serve the **firecracker mayo chicken**. Drizzle with the remaining **sauce** from the pan. Serve the **broccoli** and **rice** to the side. Garnish with the **spring onion** and the **sesame seeds**.