



# Sweet-Sticky Crispy Chicken & Garlic Rice

with Pear Slaw & Japanese Mayo

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BESTSELLER

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Pear



Chicken Thigh



Mayonnaise



Japanese Dressing



Cornflour



Seasoning Blend



Sweet Chilli Sauce



Super Slaw



Parsley



Chicken Breast

### Recipe Update

Unfortunately, this week's shredded cabbage was in short supply, so we've replaced it with slaw mix. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 30-40 mins  
Ready in: 35-45 mins

Eat Me Early

Sweetly glazed chicken bites are popping with flavour in a bowl that's already got the aromas of garlic rice. If that still isn't enough, a Japanese mayo may be the thing to tick all your tasty boxes. We'll let you give it a try and find out.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter, Plain Flour, Soy Sauce, Vinegar (White Wine or Rice Wine)

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
<b>butter*</b>	20g	40g
jasmine rice	1 packet	1 packet
<b>water*</b>	1¼ cups	2½ cups
pear	1	2
chicken thigh	1 small packet	2 small packets OR 1 large packet
mayonnaise	1 medium packet	1 large packet
Japanese dressing	1 packet	2 packets
cornflour	1 packet	2 packets
<b>plain flour*</b>	1 tbs	2 tbs
seasoning blend	½ sachet	1 sachet
sweet chilli sauce	1 medium packet	1 large packet
<b>soy sauce*</b>	1 tbs	2 tbs
super slaw	1 bag (150g)	1 bag (300g)
<b>vinegar*</b> (white wine or rice wine)	drizzle	drizzle
parsley	1 bag	1 bag
chicken breast**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3649kJ (872Cal)	776kJ (185Cal)
Protein (g)	37.4g	8g
Fat, total (g)	39.3g	8.4g
- saturated (g)	12.2g	2.6g
Carbohydrate (g)	97.6g	20.8g
- sugars (g)	23.1g	4.9g
Sodium (mg)	1968mg	419mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3563kJ (852Cal)	758kJ (181Cal)
Protein (g)	41.9g	8.9g
Fat, total (g)	31.8g	6.8g
- saturated (g)	9.8g	2.1g
Carbohydrate (g)	97.6g	20.8g
- sugars (g)	23.1g	4.9g
Sodium (mg)	1950mg	415mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



## Make the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
- Add **jasmine rice**, the **water** and a generous pinch of **salt**, stir, then bring to the boil.
- Reduce heat to low and cover with a lid. Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!



## Glaze the chicken

- Add **sweet chilli sauce** and the **soy sauce** to the pan and toss **chicken** to coat, **1 minute**.



## Get prepped

- Meanwhile, thinly slice **pear** into sticks. Cut **chicken thigh** into 2cm chunks.
- In a small bowl, combine **mayonnaise** and **Japanese dressing**. Set aside.

**Custom Recipe:** If you've swapped chicken thigh for chicken breast, cut chicken breast into 2cm chunks. Continue with step.



## Toss the slaw

- Meanwhile, combine **super slaw**, **pear** and a drizzle of **vinegar** in a second medium bowl.



## Cook the chicken

- In a medium bowl, add **cornflour**, the **plain flour** and **seasoning blend** (see ingredients). Add **chicken** and toss to coat.
- Heat a large frying pan over medium-high heat with enough **olive oil** to cover the base.
- When oil is hot, dust off any excess flour from **chicken** and cook, tossing occasionally, until browned and cooked through, **4-5 minutes**. Transfer to a paper towel-lined plate.

**Custom Recipe:** Coat and cook chicken in the same way as above.



## Serve up

- Divide garlic rice between bowls. Top with sweet and sticky crispy chicken and pear slaw.
- Top with Japanese mayo. Tear over **parsley** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://www.hellofresh.co.nz/rate)