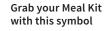


Salt-Pepper Chicken & Garlic Rice with Honey-Soy Veggies & Sesame Mayo

CUSTOMER FAVOURITE

KID FRIENDLY

CLIMATE SUPERSTAR











Carrot



Sesame Dressing





Mayonnaise

Shredded Cabbage



Black Peppercorns



Chicken Breast

Thai Seven



Spice Blend

Crispy Shallots





Prep in: 25-35 mins Ready in: 30-40 mins

Eat Me Early

Watch out salt and pepper squid, because our chicken version is going to steal even your biggest fans! With all the spicy flavour, but pan-fried instead of deep-fried, this is a quick and easy dinner that's going to blow your mind.

Pantry items

Olive Oil, Butter, Honey, Soy Sauce, Plain Flour

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

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	2 People	4 People		
olive oil*	refer to method	refer to method		
garlic	2 cloves	4 cloves		
butter*	20g	40g		
water*	1¼ cups	2½ cups		
jasmine rice	1 packet	1 packet		
carrot	1	2		
sesame dressing	1 medium packet	1 large packet		
mayonnaise	1 medium packet	1 large packet		
shredded	1 bag	1 bag		
cabbage mix	(150g)	(300g)		
honey*	1 tbs	2 tbs		
soy sauce*	1 tbs	2 tbs		
black peppercorns	½ sachet	1 sachet		
chicken breast	1 small packet	2 small packets OR 1 large packet		
salt*	½ tsp	1 tsp		
Thai seven spice blend	1 sachet	1 sachet		
plain flour*	2½ tbs	⅓ cup		
crispy shallots	1 medium packet	1 large packet		
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)	3609kJ (863Cal)	748kJ (179Cal)
Protein (g)	43.1g	8.9g
Fat, total (g)	34.1g	7.1g
- saturated (g)	11.3g	2.3g
Carbohydrate (g)	94.5g	19.6g
- sugars (g)	18.1g	3.7g
Sodium (mg)	1779mg	368mg
Custom Recipe		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4354kJ (1041Cal)	677kJ (162Cal)
Protein (g)	76.2g	11.9g
Fat, total (g)	39.4g	6.1g
- saturated (g)	12.9g	2g
Carbohydrate (g)	95.3g	14.8g
- sugars (g)	18.1g	2.8g
Sodium (mg)	1878mg	292mg

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 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





Cook 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 the water and a generous pinch of salt to pan and bring to the boil.
- · Add jasmine rice, stir, cover with a lid and reduce heat to low. 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!



Get prepped

- Meanwhile, thinly slice carrot into half-moons.
- In a small bowl, combine sesame dressing and mayonnaise. Set aside.

Little cooks: Take charge by combining the sauces!



Cook the veggies

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook carrot, tossing, until tender, 2-3 minutes.
- Add shredded cabbage mix and cook until tender, 2-3 minutes.
- · Add the honey and soy sauce and cook until bubbling, 1-2 minutes. Transfer to a bowl and cover to keep warm.

TIP: Add a dash of water to the veggies to help speed up the cooking process.



Flavour the chicken

- While the veggies are cooking, crush black peppercorns (see ingredients) with a mortar and pestle or in their sachet using a rolling pin. Cut chicken breast into 2cm chunks.
- **SPICY!** Peppercorns can be spicy, use less if you're sensitive to heat! In a medium bowl, combine the salt, crushed peppercorns, Thai seven spice blend and the plain flour. Add chicken and toss to coat.

Custom Recipe: If you've doubled your chicken breast, use a large bowl to flavour the chicken.



Cook the chicken

- · Wipe out the frying pan, then return to medium-high heat with a drizzle of olive oil.
- · When oil is hot, pick up chicken using tongs and shake off any excess flour back into the bowl.
- · Cook chicken, tossing occasionally, until browned and cooked through, **5-6 minutes**.

TIP: Add a drizzle more oil if necessary!

Custom Recipe: Cook the chicken in batches for the best result.



Serve up

- Divide garlic rice between bowls. Top with honey-soy veggies and salt-pepper chicken.
- · Garnish with crispy shallots. Serve with sesame mayo. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the crispy shallots!



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