



# Salt-Pepper Chicken & Garlic Rice

with Honey-Soy Veggies & Sesame Mayo

CUSTOMER FAVOURITE

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Sesame Dressing



Mayonnaise



Shredded Cabbage Mix



Black Peppercorns



Chicken Breast



Thai Seven Spice Blend



Crispy Shallots



Chicken Breast

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.

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

### 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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
<b>butter*</b>	20g	40g
<b>water*</b>	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 cabbage mix	1 bag (150g)	1 bag (300g)
<b>honey*</b>	1 tbs	2 tbs
<b>soy sauce*</b>	1 tbs	2 tbs
black peppercorns	½ sachet	1 sachet
chicken breast	1 small packet	2 small packets OR 1 large packet
<b>salt*</b>	½ tsp	1 tsp
Thai seven spice blend	1 sachet	1 sachet
<b>plain flour*</b>	2½ tbs	½ 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](https://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

2023 | CW50



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## 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!

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## 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.

2



## 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!

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## 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.

3



## 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.

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## 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!

## Rate your recipe

Did we make your tastebuds happy?

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