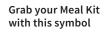


Sweet-Sticky Chicken & Garlic Rice with Apple Slaw & Japanese Mayo

CLIMATE SUPERSTAR

KID FRIENDLY













Chicken Thigh





Japanese Dressing

Mayonnaise



Seasoning Blend





Shredded Cabbage





Parsley

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



Pantry items

Olive Oil, Butter, 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 |
|--|-----------------|--------------------------------------|
| olive oil* | refer to method | refer to method |
| garlic | 2 cloves | 4 cloves |
| butter* | 20g | 40g |
| jasmine rice | 1 packet | 1 packet |
| water* | 1¼ cups | 2½ cups |
| apple | 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 |
| seasoning blend | ½ sachet | 1 sachet |
| sweet chilli sauce | 1 medium packet | 1 large packet |
| soy sauce* | 1 tbs | 2 tbs |
| shredded cabbage mix | 1 bag (150g) | 1 bag (300g) |
| vinegar* (white wine or rice wine) | drizzle | drizzle |
| parsley | ½ bag | 1 bag |

^{*}Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|-----------------------|
| Energy (kJ) | 3467kJ (829Cal) | 750kJ (179Cal) |
| Protein (g) | 37.3g | 8.1g |
| Fat, total (g) | 39.2g | 8.5g |
| - saturated (g) | 12.2g | 2.6g |
| Carbohydrate (g) | 87.1g | 18.8g |
| - sugars (g) | 22.2g | 4.8g |
| Sodium (mg) | 1969mg | 426mg |

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.



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!



Get prepped

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



Cook the chicken

- In a medium bowl, add seasoning blend (see ingredients) and a drizzle of olive oil. Add chicken and toss to coat.
- Heat a large frying pan over high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 4-5 minutes. Transfer to a paper towel-lined plate.



Glaze the chicken

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



Toss the slaw

 Meanwhile, combine shredded cabbage mix, apple and a drizzle of vinegar in a second medium bowl.



Serve up

- Divide garlic rice between bowls. Top with sweet and sticky chicken and apple slaw.
- Serve with Japanese mayo. Tear over parsley (see ingredients) to serve. Enjoy!

