



Sweet-Sticky Chicken & Garlic Rice

with Apple Slaw & Japanese Mayo

CLIMATE SUPERSTAR

KID FRIENDLY



Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Apple



Chicken Thigh



Mayonnaise



Japanese Dressing



Seasoning Blend



Sweet Chilli Sauce



Shredded Cabbage Mix



Parsley Mix

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.

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.

We're here to help!

Scan here if you have any questions or concerns

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1



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!

4



Glaze the chicken

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

2



Get prepped

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

5



Toss the slaw

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

3



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.

6



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!

Rate your recipe

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