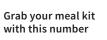


Sweet-Sticky Crispy Chicken & Garlic Rice

with Pear Slaw & Japanese Mayo

KID FRIENDLY

CLIMATE SUPERSTAR





















Japanese Dressing

Mayonnaise



Cornflour





Sweet Chilli



Sauce

Shredded Cabbage



Parsley





Pantry items

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

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

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

ingi ediento			
	2 People	4 People	
olive oil*	refer to method	refer to method	
garlic	2 cloves	4 cloves	
butter*	20g	40g	
jasmine rice	1 medium packet	1 large packet	
water*	1¼ cups	2½ cups	
pear	1	2	
chicken thigh	1 medium packet	2 medium packets OR 1 large packet	
mayonnaise	1 medium packet	1 large packet	
Japanese dressing	1 packet	2 packets	
cornflour	1 medium packet	2 medium packets	
plain flour*	1 tbs	2 tbs	
seasoning blend	1 medium sachet	2 medium sachets	
sweet chilli sauce	1 medium packet	1 large packet	
soy sauce*	1 tbs	2 tbs	
shredded cabbage mix	1 medium packet	1 large packet	
vinegar* (white wine or rice wine)	drizzle	drizzle	
parsley	1 packet	1 packet	
+			

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2952kJ (706Cal)	618kJ (148Cal)
Protein (g)	34.5g	7.2g
Fat, total (g)	39.1g	8.2g
- saturated (g)	12.3g	2.6g
Carbohydrate (g)	60.4g	12.6g
- sugars (g)	22.7g	4.7g
Sodium (mg)	1978mg	414mg
Dietary Fibre (g)	4.7g	1g

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 pear into sticks. Cut chicken thigh into 2cm chunks.
- In a small bowl, combine mayonnaise and Japanese dressing. Set aside.
- In a medium bowl, add cornflour, the plain flour and seasoning blend. Add chicken and toss to coat.

Little cooks: Kids can help combine the mayo and dressing!



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, dust off any excess flour from chicken and cook, tossing occasionally, until browned and cooked through, 5-6 minutes.

TIP: Chicken is cooked through when it's no longer pink inside.



Glaze the chicken

CUSTOM

OPTIONS

• 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, pear and a drizzle of vinegar in a second medium bowl.

Little cooks: Take the lead and help combine the slaw.



Serve up

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



SWAP TO CHICKEN BREAST Follow method above.



If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

