



Southeast Asian Chicken & Garlic Rice

with Honey-Soy Veggies & Japanese Mayo

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

43



Garlic



Jasmine Rice



Carrot



Japanese Dressing



Mayonnaise



Shredded Cabbage Mix



Chicken Breast



Southeast Asian Spice Blend



Coriander



Chicken Breast



Chicken Thigh

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

Eat Me Early

Look out for the king of seasonings, Southeast Asian spice blend! With all the jam packed flavour, pan-fried onto juicy chicken, 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 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

	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 medium packet	1 large packet
carrot	1	2
Japanese dressing	1 packet	2 packets
mayonnaise	1 medium packet	1 large packet
shredded cabbage mix	1 medium packet	1 large packet
honey*	1 tbs	2 tbs
soy sauce*	1 tbs	2 tbs
chicken breast	1 medium packet	2 medium packets OR 1 large packet
salt*	½ tsp	1 tsp
Southeast Asian spice blend	1 medium sachet	1 large sachet
plain flour*	2½ tbs	5 tbs
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2885kJ (690Cal)	575kJ (137Cal)
Protein (g)	45.8g	9.1g
Fat, total (g)	32g	6.4g
- saturated (g)	10.5g	2.1g
Carbohydrate (g)	54.2g	10.8g
- sugars (g)	17.5g	3.5g
Sodium (mg)	1554mg	310mg
Dietary Fibre (g)	4.6g	0.9g

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

2024 | CW31



1



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** 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!

4



Flavour the chicken

- While the veggies are cooking, cut **chicken breast** into 2cm chunks.
- In a medium bowl, combine the **salt**, **Southeast Asian spice blend** and the **plain flour** and generously season with **pepper**. Add **chicken** and toss to coat.

2



Get prepped

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

Little cooks: Take charge by combining the sauces!

5



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!

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

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.

6



Serve up

- Divide garlic rice between bowls. Top with honey-soy veggies and Southeast Asian chicken.
- Tear over **coriander**. Serve with Japanese mayo. Enjoy!

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

CUSTOM OPTIONS



DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN THIGH

Follow method above.

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

