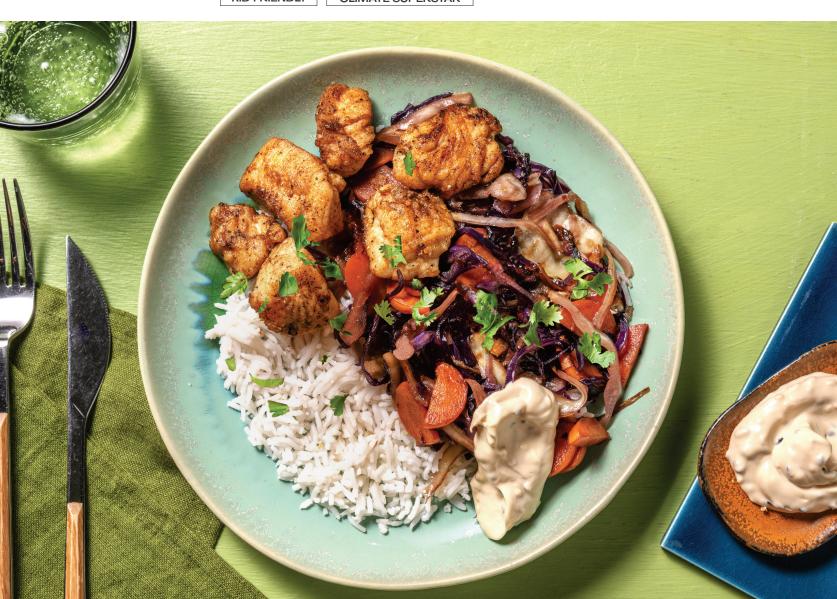


Southeast Asian Chicken & Garlic Rice

with Honey-Soy Veggies & Japanese Mayo

KID FRIENDLY

CLIMATE SUPERSTAR



Grab your meal kit with this number











Carrot

Japanese Dressing





Mayonnaise

Shredded Cabbage



Chicken Breast



Southeast Asian Spice Blend



Coriander





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

Pantry items

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

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	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.



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!



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!



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.



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.



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.



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!









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

