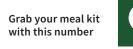


# Salt & Pepper Chicken with Garlic Rice, Honey-Soy Veggies & Japanese Mayo

TAKEAWAY FAVES

HELLOHERO

CLIMATE SUPERSTAR













Carrot







Japanese Dressing





Chicken Thigh

**Black Peppercorns** 



Southeast Asian Spice Blend

Crispy Shallots



Beef Strips



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





#### 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 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	
jasmine rice	1 medium packet	1 large packet	
water*	1¼ cups	2½ cups	
carrot	1	2	
Asian greens	1 packet	2 packets	
soy sauce*	1 tbs	2 tbs	
honey*	1 tbs	2 tbs	
Japanese dressing	1 packet	2 packets	
mayonnaise	1 medium packet	1 large packet	
chicken thigh	1 medium packet	2 medium packets OR 1 large packet	
black peppercorns	½ sachet	1 sachet	
salt*	½ tsp	1 tsp	
Southeast Asian spice blend	1 medium sachet	1 large sachet	
plain flour*	2½ tbs	5 tbs	
crispy shallots	1 medium packet	1 large packet	

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2946kJ (704cal)	293kJ (70cal)
Protein (g)	35.4g	3.5g
Fat, total (g)	41.6g	4.1g
- saturated (g)	13.5g	1.3g
Carbohydrate (g)	53.7g	5.3g
- sugars (g)	16.1g	1.6g
Sodium (mg)	1538mg	152.9mg
Dietary Fibre (g)	5.6g	0.6g

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 over medium heat. Cook garlic until fragrant, 1 minute.
- Add jasmine rice, the water and a 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 carrot into half-moons.
   Roughly chop Asian greens.
- In a small bowl, combine the **soy sauce** and **honey**. Set aside.
- In a second small bowl, combine **Japanese dressing** and **mayonnaise**. Set aside.



# Cook the veggies

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook carrot, tossing, until tender, 4-5 minutes. Add Asian greens and cook until wilted, 1 minute.
- Add the honey-soy mixture 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 thigh into 2cm chunks. Crush black peppercorns (see ingredients) with a pestle and mortar, or in their sachet using a rolling pin.
- In a medium bowl, add the salt, Southeast
   Asian spice blend, crushed black peppercorns
   and the plain flour. Stir to combine.
- · Add chicken and toss to coat.



#### Cook the chicken

- Wash and dry 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: Chicken is cooked through when it's no longer pink inside.



#### Serve up

- Divide garlic rice between bowls.
- Top with honey-soy veggies and salt and pepper chicken.
- Sprinkle with crispy shallots and serve with Japanese mayo. Enjoy!







Cook in batches, tossing, until browned and cooked through, 1-2 minutes.



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

