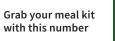


Salt & Pepper Chicken with Garlic Rice, Honey-Soy Veggies & Japanese Mayo

HELLOHERO

TAKEAWAY FAVES

CLIMATE SUPERSTAR















Carrot



Asian Greens





Mayonnaise

Japanese Dressing



Chicken Thigh





Southeast Asian



Spice Blend



Beef Strips



Crispy Shallots







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	1 sachet	2 sachets	
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	

^{*}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: 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 salt and pepper chicken.
- Garnish with crispy shallots and serve with Japanese mayo. Enjoy!







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



Follow method above, cooking in batches if necessary.

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

