



Salt & Pepper Chicken

with Garlic Rice, Honey-Soy Veggies & Japanese Mayo

HELLOHERO

TAKEAWAY FAVES

CLIMATE SUPERSTAR

Grab your meal kit with this number

22



Garlic



Jasmine Rice



Carrot



Asian Greens



Japanese Dressing



Mayonnaise



Chicken Thigh



Black Peppercorns



Southeast Asian Spice Blend



Crispy Shallots



Beef Strips



Chicken Thigh

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

Protein Rich

Eat Me Early

Watch out salt and pepper squid, because our chicken version is going to steal even your biggest fans! With all the spicy flavour, but pan-fried instead of deep-fried, this is a quick and easy dinner that's going to blow your mind.

Pantry items

Olive Oil, Butter, Soy Sauce, Honey, 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 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
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.

1



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!

4



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.

2



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.

3



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.

5



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.

6



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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW37



CUSTOM OPTIONS



SWAP TO BEEF STRIPS

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



DOUBLE CHICKEN THIGH

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.

