HELLO FRESH

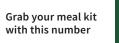# Salt & Pepper Chicken
with Garlic Rice, Honey-Soy Veggies & Japanese Mayo

HELLOHERO | **TAKEAWAY FAVES** | CLIMATE SUPERSTAR

Ingredients

- Garlic
- Jasmine Rice
- Carrot
- Asian Greens
- Japanese Dressing
- Mayonnaise
- Chicken Thigh
- Black Peppercorns
- Southeast Asian Spice Blend
- Crispy Shallots
- Beef Strips
- Chicken Thigh

Pantry items

Olive Oil, Butter, Soy Sauce, Honey, Plain Flour

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.

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)	2935kJ (702cal)	293kJ (70cal)
Protein (g)	35.4g	3.5g
Fat, total (g)	41.5g	4.1g
- saturated (g)	13.5g	1.3g
Carbohydrate (g)	53.4g	5.3g
- sugars (g)	15.9g	1.6g
Sodium (mg)	1527mg	152.2mg
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!*

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 splash of water to the veggies to help speed up the cooking process.*

4

Flavour the chicken

- While the veggies are cooking, cut **chicken thigh** into 2cm chunks. Crush **black peppercorns** 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.

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: *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!

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.