

Sweet-Sticky Crispy Chicken & Garlic Rice

with Pear Slaw & Japanese Mayo

KID FRIENDLY

Grab your meal kit with this number

33



Garlic



Jasmine Rice



Pear



Chicken Thigh



Mayonnaise



Japanese Dressing



Cornflour



Seasoning Blend



Shredded Cabbage Mix



Parsley



Chicken Breast



Chicken Thigh

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

Protein Rich

Eat Me Early

Sweetly glazed chicken bites are popping with flavour in a bowl that's already got the aromas of garlic rice. If that still isn't enough, a Japanese mayo may be the thing to tick all your tasty boxes. We'll let you give it a try and find out!

Pantry items

Olive Oil, Butter, Plain Flour, Honey, Soy Sauce, Vinegar (White Wine or Rice Wine)

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

	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
pear	1	2
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
mayonnaise	1 medium packet	1 large packet
Japanese dressing	1 packet	2 packets
cornflour	1 packet	2 packets
plain flour*	1 tbs	2 tbs
seasoning blend	½ sachet	1 sachet
honey*	½ tbs	1 tbs
soy sauce*	1 tbs	2 tbs
shredded cabbage mix	1 medium packet	1 large packet
vinegar* (white wine or rice wine)	drizzle	drizzle
parsley	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2817kJ (673cal)	313kJ (75cal)
Protein (g)	34.2g	3.8g
Fat, total (g)	38.8g	4.3g
- saturated (g)	12g	1.3g
Carbohydrate (g)	52.7g	5.9g
- sugars (g)	15.9g	1.8g
Sodium (mg)	1233mg	136.9mg
Dietary Fibre (g)	3.9g	0.4g

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



Make 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 **jasmine rice**, the **water** and a generous 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



Glaze the chicken

- Add the **honey** and **soy sauce** to the pan and toss **chicken** to coat, **1 minute**.

2



Get prepped

- Meanwhile, thinly slice **pear** into sticks.
- Cut **chicken thigh** into 2cm chunks.
- In a small bowl, combine **mayonnaise** and **Japanese dressing**. Set aside.
- In a medium bowl, add **cornflour**, the **plain flour** and **seasoning blend**. Add **chicken** and toss to coat.

Little cooks: Kids can help combine the mayo and dressing!

5



Toss the slaw

- Meanwhile, combine **shredded cabbage mix**, **pear** and a drizzle of the **vinegar** in a second medium bowl.

Little cooks: Take the lead and help combine the slaw.

3



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, dust off any excess flour from **chicken** and cook, 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 sweet-sticky crispy chicken and pear slaw.
- Drizzle with Japanese mayo.
- Tear over **parsley** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW44



CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

Cut into 2cm chunks. Cook until cooked through, 4-6 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.

