



# Salt & Pepper Chicken

with Garlic Rice, Honey-Soy Veggies & Mayo

TAKEAWAY FAVES

Grab your meal kit with this number

5



Garlic



Jasmine Rice



Carrot



Asian Greens



Chicken Thigh



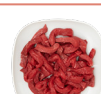
Thai Seven Spice Blend



Crispy Shallots



Mayonnaise



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, Crushed Black Pepper, 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
<b>olive oil*</b>	refer to method	refer to method
<b>garlic</b>	2 cloves	4 cloves
<b>butter*</b>	20g	40g
<b>jasmine rice</b>	1 medium packet	1 large packet
<b>water*</b>	1¼ cups	2½ cups
<b>carrot</b>	1	2
<b>Asian greens</b>	1 packet	2 packets
<b>soy sauce*</b>	1 tbs	2 tbs
<b>honey*</b>	1 tbs	2 tbs
<b>chicken thigh</b>	1 medium packet	2 medium packets OR 1 large packet
<b>salt*</b>	½ tsp	1 tsp
<b>Thai seven spice blend</b>	1 medium sachet	1 large sachet
<b>cracked black pepper*</b>	¼ tsp	½ tsp
<b>plain flour*</b>	2½ tbs	5 tbs
<b>crispy shallots</b>	1 medium sachet	1 large sachet
<b>mayonnaise</b>	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2902kJ (572cal)	572kJ (113cal)
Protein (g)	34.8g	6.9g
Fat, total (g)	41.3g	8.1g
- saturated (g)	13.7g	2.7g
Carbohydrate (g)	52.6g	10.4g
- sugars (g)	16.2g	3.2g
Sodium (mg)	1808mg	356.6mg
Dietary Fibre (g)	5.6g	1.1g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [helofresh.co.nz/foodinfo](https://helofresh.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.
- In a medium bowl, add the **salt**, **Thai seven spice blend**, the **crushed black pepper** 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.

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.

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 **mayonnaise**. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

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### 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.

