



Black Pepper Chicken & Veggies

with Garlic Rice

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Broccoli



Carrot



Black Peppercorns



Ginger Paste



Oyster Sauce



Coriander



Chicken Thigh



Chicken Breast

Recipe Update

The recent weather conditions across New Zealand have impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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



Calorie Smart*

*Custom Recipe is not Calorie Smart



Eat Me Early

Forget takeout: the path to sweet-and-savoury dinner bliss is as simple as breaking out a frying pan. In this easy recipe, chicken, pepper and teriyaki sauce collide into a symphony of flavours and textures that are so delicious, you might just lick the bowl clean.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Plain Flour, Soy Sauce

Before you start

wash your hands and any fresh food

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	4 cloves	8 cloves
butter*	20g	40g
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
broccoli	½ head	1 head
carrot	1	2
chicken thigh	1 packet	1 packet
black peppercorns	½ sachet	1 sachet
plain flour*	2 tbs	¼ cup
ginger paste	1 medium packet	1 large packet
oyster sauce	1 medium packet	1 large packet
soy sauce*	1 tsp	2 tsp
water* (for the sauce)	¼ cup	½ cup
coriander	1 bag	1 bag
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1984kJ (474Cal)	706kJ (169Cal)
Protein (g)	9.6g	3.4g
Fat, total (g)	9.7g	3.5g
- saturated (g)	5.6g	2g
Carbohydrate (g)	85.7g	30.5g
- sugars (g)	7.7g	2.7g
Sodium (mg)	1157mg	412mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2740kJ (654Cal)	622kJ (148Cal)
Protein (g)	42g	9.5g
Fat, total (g)	15.3g	3.5g
- saturated (g)	7.2g	1.6g
Carbohydrate (g)	85.7g	19.5g
- sugars (g)	7.7g	1.7g
Sodium (mg)	1255mg	285mg

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.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW10



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 1/2 the **garlic** until fragrant, **1-2 minutes**.
- Add **water (for the rice)** and a generous pinch of **salt** to the pan and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low. 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



Cook the veggies

- Wipe out the frying pan and return to medium-high heat with a drizzle of **olive oil**. Cook **broccoli** and **carrot**, tossing, until tender, **5-6 minutes**.
- **SPICY!** Crushed peppercorns can be hot, add less if you're sensitive to heat. Add **ginger paste**, crushed **peppercorns** and remaining **garlic** and cook until fragrant, **1-2 minutes**.
- Add **oyster sauce**, the **soy sauce** and **water (for the sauce)**. Stir to combine.

2



Get prepped

- While the rice is cooking, cut **broccoli** (see ingredients) into small florets, then roughly chop the stalk. Thinly slice **carrot** into half-moons.
- Cut **chicken thigh** into 2cm chunks.
- Crush **black peppercorns** (see ingredients) with a mortar and pestle or in their sachet using a rolling pin.

Custom Recipe: If you've swapped chicken thigh for chicken breast, prep the chicken in the same way as above.

5



Add the chicken

- Remove pan from the heat. Return **chicken** to the pan, then stir to coat in the sauce.

3



Cook the chicken

- Heat a large frying pan over medium-high heat with enough **olive oil** to coat the base of the pan.
- In a shallow bowl, add the **plain flour** and **chicken**, then toss to coat. Using tongs, shake off any excess flour, then add **chicken** to the pan.
- Cook **chicken**, tossing, until golden and cooked through, **5-6 minutes**. Transfer to a paper towel-lined plate.

Custom Recipe: Cook the chicken as above.

6



Serve up

- Divide garlic rice between bowls.
- Top with black pepper chicken and veggies.
- Tear over **coriander** to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate