



Salt & Pepper Chicken

with Garlic Rice, Honey-Soy Veggies & Japanese Mayo

BESTSELLER



Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Asian Greens



Japanese Dressing



Mayonnaise



Black Peppercorns



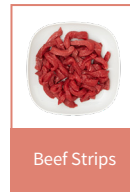
Chicken Thigh



Thai Seven Spice Blend



Crispy Shallots



Beef Strips

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

1 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.

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

Pantry items

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

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 | 2 cloves | 4 cloves |
| butter* | 20g | 40g |
| jasmine rice | 1 packet | 1 packet |
| water* | 1½ cups | 2½ cups |
| carrot | 1 | 2 |
| Asian greens | 1 bunch | 2 bunches |
| soy sauce* | 1 tbs | 2 tbs |
| honey* | 1 tbs | 2 tbs |
| Japanese dressing | 1 packet | 2 packets |
| mayonnaise | 1 medium packet | 1 large packet |
| black peppercorns | ½ sachet | 1 sachet |
| chicken thigh | 1 small packet | 2 small packets OR 1 large packet |
| salt* | ½ tsp | 1 tsp |
| Thai seven spice blend | 1 sachet | 1 sachet |
| plain flour* | 2½ tbs | ½ cup |
| crispy shallots | 1 medium packet | 1 large packet |
| beef strips** | 1 small packet | 2 small packets OR 1 large packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3675kJ (878Cal) | 724kJ (173Cal) |
| Protein (g) | 38.2g | 7.5g |
| Fat, total (g) | 41.7g | 8.2g |
| - saturated (g) | 13.7g | 2.7g |
| Carbohydrate (g) | 93.4g | 18.4g |
| - sugars (g) | 16.8g | 3.3g |
| Sodium (mg) | 1798mg | 354mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3640kJ (870Cal) | 770kJ (184Cal) |
| Protein (g) | 38.3g | 8.1g |
| Fat, total (g) | 37.3g | 7.9g |
| - saturated (g) | 13.1g | 2.8g |
| Carbohydrate (g) | 92.6g | 19.6g |
| - sugars (g) | 16.8g | 3.6g |
| Sodium (mg) | 1731mg | 366mg |

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 | CW41



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, crush **black peppercorns (see ingredients)** with a mortar and pestle or in their sachet using a rolling pin. Cut **chicken thigh** into 2cm chunks.
- In a medium bowl, combine the **salt**, crushed **peppercorns**, **Thai seven spice blend** and the **plain flour**. Add **chicken** and toss to coat.

Custom Recipe: If you've swapped your chicken thigh for beef strips, discard liquid from packaging. Flavour beef in the same way as the chicken.

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.

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!

Custom Recipe: Return the pan to high heat with a drizzle of olive oil. When oil is cook beef strips in batches, tossing, until browned and cooked through, 1-2 minutes.

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.

6



Serve up

- Divide garlic rice between bowls. Top with honey-soy veggies and salt and pepper chicken.
- Garnish with **crispy shallots**. Serve with Japanese mayo. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

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