



# Salt & Pepper Chicken

with Garlic Rice, Honey-Soy Veggies & Japanese Mayo

TAKEAWAY FAVES

CLIMATE SUPERSTAR

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

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
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
<b>butter*</b>	20g	40g
jasmine rice	1 medium packet	1 large packet
<b>water*</b>	1½ cups	2½ cups
carrot	1	2
Asian greens	1 packet	2 packets
<b>soy sauce*</b>	1 tbs	2 tbs
<b>honey*</b>	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 medium packet	2 medium packets OR 1 large packet
<b>salt*</b>	½ tsp	1 tsp
Thai seven spice blend	1 medium sachet	1 large sachet
<b>plain flour*</b>	2½ tbs	½ cup
crispy shallots	1 medium packet	1 large packet
beef strips**	1 medium packet	2 medium 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](https://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



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 to beef strips, discard liquid from packaging. Flavour beef strips as above.

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!

**TIP:** Chicken is cooked through when it's no longer pink inside.

**Custom Recipe:** Return pan to high heat with a drizzle of olive oil. When oil is hot, 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](https://hellofresh.co.nz/rate)