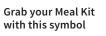


Salt & Pepper Chicken

with Garlic Rice, Honey-Soy Veggies & Japanese Mayo

TAKEAWAY FAVES

CLIMATE SUPERSTAR













Carrot



Asian Greens





Japanese Dressing



Black Peppercorns



Chicken Thigh



Thai Seven Spice Blend



Crispy Shallots





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

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 \cdot Large frying pan

Ingredients

ingi calcino				
	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		
carrot	1	2		
Asian greens	1 packet	2 packets		
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 medium packet	2 medium packets OR 1 large packet		
salt*	½ tsp	1 tsp		
Thai seven spice blend	1 medium sachet	1 large sachet		
plain flour*	2½ tbs	⅓ 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 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

2024 | CW16



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!



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.



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.



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.



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.



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!



Did we make your tastebuds happy?
Let our culinary team know: hellofresh.co.nz/rate

