



SALT & PEPPER CHICKEN

with Garlic Rice & Japanese Mayo



Add the flavours of Asia to chicken



Garlic



Jasmine Rice



Red Capsicum



Sugar Snap Peas



Long Red Chilli (Optional)



Japanese Dressing



Mayonnaise



Black Peppercorns



Southeast Asian Spice Blend



Chicken Thigh



Crispy Shallots



Hands-on: **25 mins**
Ready in: **30 mins**



Eat me early



Spicy (optional long red chilli)

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

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large frying pan**



1 COOK THE GARLIC RICE

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** over a medium heat. Add the **garlic** and cook until fragrant, **1 minute**. Add the **jasmine rice, water** and **salt (for the rice)** and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove from the heat and keep covered until the rice is tender and the water has absorbed, **10-15 minutes**. **TIP:** *The rice will finish cooking in its own steam so don't peek!*



4 COAT THE CHICKEN

Crush the **black peppercorns** in their sachet with a saucepan or rolling pin (or use a mortar and pestle if you have one!). In a medium bowl, combine the **salt (for the chicken)**, crushed **peppercorns (see ingredients list)**, **Southeast Asian spice blend** and **plain flour**. Cut the **chicken thigh** into 2cm chunks. Add the **chicken thigh** to the **spiced flour** and toss to coat. **TIP:** *Coat the chicken in flour just before frying to prevent it going soggy!*



2 GET PREPPED

While the rice is cooking, slice the **red capsicum** into thin strips. Trim the **sugar snap peas**. Thinly slice the **long red chilli** (if using). In a small bowl, combine the **soy sauce** and **honey**. In a second small bowl, combine the **Japanese dressing** and **mayonnaise**.



5 COOK THE CHICKEN

Wash the frying pan, then return to a medium-high heat with a **generous drizzle** of **olive oil**. When the oil is hot, pick up the **chicken** using tongs and shake any excess flour back into the bowl. Add the **chicken** to the pan and cook, tossing occasionally, until browned and cooked through, **6-7 minutes**. **TIP:** *Add a drizzle more oil if necessary! If your pan is getting crowded, cook in batches for the best results!*



3 COOK THE VEGGIES

In a large frying pan or wok, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **capsicum** and cook until softened, **2 minutes**. Add the **sugar snap peas** and **honey-soy mixture** and cook until tender, **1-2 minutes**. Transfer to a bowl and cover to keep warm.



6 SERVE UP

Divide the garlic rice between plates and top with the honey-soy veggies and salt and pepper chicken. Sprinkle with the chilli (if using) and **crispy shallots**. Serve with the Japanese mayo.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
jasmine rice	1 packet	2 packets
water*	1¼ cups	2½ cups
salt* (for the rice)	¼ tsp	½ tsp
red capsicum	1	2
sugar snap peas	1 bag (100g)	1 bag (200g)
long red chilli (optional)	1	2
soy sauce*	1 tbs	2 tbs
honey*	1 tbs	2 tbs
Japanese dressing	1 tub	2 tubs
mayonnaise	1 tub (40g)	2 tubs (80g)
black peppercorns	½ sachet	1 sachet
salt* (for the chicken)	½ tsp	1 tsp
Southeast Asian Spice Blend	1 sachet	2 sachets
plain flour*	2 tbs	4 tbs
chicken thigh	1 packet	1 packet
crispy shallots	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	4050kJ (966Cal)	838kJ (200Cal)
Protein (g)	45.5g	9.4g
Fat, total (g)	42.3g	8.8g
- saturated (g)	12.7g	2.6g
Carbohydrate (g)	98.7g	20.4g
- sugars (g)	17.7g	3.7g
Sodium (g)	2860mg	592mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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2019 | WK46

