

# Salt & Pepper Chicken

with Garlic Rice, Honey-Soy Veggies & Japanese Mayo

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Baby Broccoli



Asian Greens



Japanese Dressing



Mayonnaise



Black Peppercorns



Chicken Breast



Thai Seven Spice Blend



Crispy Shallots

### Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

 Hands-on: **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.

### Pantry items

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

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## 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*                 | 1¼ cups         | 2½ cups         |
| baby broccoli          | 1 bag           | 1 bag           |
| Asian greens           | 1 bag           | 2 bags          |
| soy sauce*             | 1 tbs           | 2 tbs           |
| honey*                 | 1 tbs           | 2 tbs           |
| Japanese dressing      | 1 packet (30g)  | 2 packets (60g) |
| mayonnaise             | 1 packet (40g)  | 1 packet (80g)  |
| black peppercorns      | ½ sachet        | 1 sachet        |
| chicken breast         | 1 packet        | 1 packet        |
| salt*                  | ½ tsp           | 1 tsp           |
| Thai seven spice blend | 1 sachet        | 1 sachet        |
| plain flour*           | 2½ tbs          | ½ cup           |
| crispy shallots        | 1 packet        | 1 packet        |

\*Pantry Items

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3554kJ (849Cal) | 744kJ (178Cal) |
| Protein (g)      | 43.2g           | 9g             |
| Fat, total (g)   | 34.8g           | 7.3g           |
| - saturated (g)  | 11.5g           | 2.4g           |
| Carbohydrate (g) | 88.4g           | 18.5g          |
| - sugars (g)     | 15g             | 3.1g           |
| Sodium (mg)      | 1742mg          | 365mg          |

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.



## Cook the garlic rice

Finely chop **garlic**. In a medium saucepan, melt the **butter** over a medium heat. Cook the **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 the heat and keep covered until the rice is tender and the water is absorbed, **10-15 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!



## Coat the chicken

Crush **black peppercorns** (see ingredients) with a mortar and pestle or in their sachet using a rolling pin. Cut **chicken breast** 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.



## Get prepped

While the rice is cooking, halve **baby broccoli** lengthways. Roughly chop **Asian greens**. In a small bowl, combine the **soy sauce** and the **honey**. Set aside. In a second small bowl, combine **Japanese dressing** and **mayonnaise**. Set aside.

**Little cooks:** Kids can take charge by combining the sauces!



## Cook the chicken

Wash and dry the frying pan, then return to medium-high heat with a drizzle of **olive oil**. When the 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!



## Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **baby broccoli**, tossing, until tender, **5-6 minutes**. Add **Asian greens** and cook until just wilted, **2-3 minutes**. Add **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.



## 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.

**Little cooks:** Add the finishing touch by sprinkling over the garnish!

## Enjoy!