



CHINESE SALT & PEPPER CHICKEN

with Honey-Soy Veggies



Cook Chinese inspired chicken



Jasmine Rice



Red Capsicum



Sugar Snap Peas



Long Green Chilli (Optional)



Chicken Breast



Chinese Five Spice



Black Sesame Seeds

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

Eat me early

Naturally gluten-free
Not suitable for Coeliacs

Spicy (optional long green chilli)

This salt and pepper chicken is a little bit like that other famous Chinese invention; fireworks. Explosive, colourful and downright celebratory. It really is a feast for the senses!

Pantry Staples: Olive Oil, Soy Sauce (or Gluten-Free Tamari Soy Sauce), Honey, Plain Flour (or Gluten-Free 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** or **wok**



1 COOK THE RICE

In a medium saucepan, bring the **water (for the rice)** to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered for another **10-15 minutes**, or until the rice is tender and all the water is absorbed. **TIP:** *The rice will finish cooking in its own steam so don't peek!*



2 GET PREPPED

While the rice is cooking, slice the **red capsicum** into 0.5cm strips. Trim the **sugar snap peas**. Thinly slice the **long green chilli** (if using). In a small bowl, combine the **soy sauce**, **honey** and **water (for the sauce)**.



3 COOK THE VEG

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



4 COAT THE CHICKEN

Chop the **chicken breast** into 2cm chunks. In a medium bowl, combine the **salt**, **pepper**, **Chinese five spice** and **plain flour**. Add the chicken breast and toss to coat. **TIP:** *Chinese five spice has a strong anise flavour, use less if you're not a fan!*



5 COOK THE CHICKEN

Wash out the pan then return to a medium-high heat with a **drizzle of olive oil**. Once hot, add the **chicken** and cook, tossing occasionally, for **6-7 minutes**, or until browned and cooked through. **TIP:** *Add a drizzle more oil if necessary!*



6 SERVE UP

Divide the jasmine rice between plates and top with the honey-soy veggies and Chinese salt & pepper chicken. Sprinkle with the long green chilli (if using) and **black sesame seeds (see ingredients list)**.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 packet	2 packets
red capsicum	1	2
sugar snap peas	1 bag (100 g)	1 bag (200 g)
long green chilli (optional)	1	2
soy sauce* (or gluten-free tamar soy sauce)	2 tbs	½ cup
honey*	2 tbs	½ cup
water* (for the sauce)	1½ tbs	¼ cup
chicken breast	1 packet	1 packet
salt*	¾ tsp	1½ tsp
pepper*	1 tsp	2 tsp
Chinese five spice	1 sachet	2 sachets
plain flour* (or gluten-free plain flour)	2 tbs	4 tbs
black sesame seeds	½ sachet	1 sachet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3480kJ (832Cal)	779kJ (186Cal)
Protein (g)	49.3g	11.0g
Fat, total (g)	28.5g	6.4g
- saturated (g)	5.6g	1.3g
Carbohydrate (g)	91.7g	20.5g
- sugars (g)	21.6g	4.8g
Sodium (g)	2170mg	487mg

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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