

# Japanese-Style Chicken

With Creamy Sesame Slaw & Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Mixed Sesame Seeds



Cucumber



Pear



Chicken Thigh



Slaw Mix



Mayonnaise





Japanese Dressing



Long Red Chilli (Optional)

 Hands-on: **25-35 mins**  
Ready in: **30-40 mins**

 Spicy (optional long red chilli)

 Eat me early

This bountiful bowl has got "new favourite" written all over it! Our exceptionally tasty marinade is the key ingredient, giving an umami-rich flavour to the chicken thigh. With crisp veggies and a bed of garlic rice, it's a winner from start to finish.

### Pantry items

Olive Oil, Butter, Soy Sauce, Honey, Rice Wine Vinegar, Sugar, 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	3 cloves	6 cloves
butter*	20g	40g
jasmine rice	1 packet	2 packets
water*	1¼ cups	2½ cups
mixed sesame seeds	1 sachet	2 sachets
cucumber	1	2
pear	1	2
chicken thigh	1 small packet	1 large packet
soy sauce*	1½ tbs	3 tbs
honey*	1 tbs	2 tbs
rice wine vinegar*	¼ cup	½ cup
sugar*	1 tsp	2 tsp
salt* (for the cucumber)	1 tsp	2 tsp
plain flour*	1½ tbs	3 tbs
slaw mix	1 bag (150g)	1 bag (300g)
mayonnaise	1 tub (40g)	2 tubs (80g)
Japanese dressing	1 tub	2 tubs
long red chilli (optional)	½	1

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3869kJ (924Cal)	661kJ (157Cal)
Protein (g)	43.1g	7.4g
Fat, total (g)	42.5g	7.3g
- saturated (g)	10.8g	1.8g
Carbohydrate (g)	90.4g	15.4g
- sugars (g)	23.9g	4.1g
Sodium (mg)	2365mg	404mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Add the **jasmine rice**, **water** and a generous pinch of **salt**, stir, 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



## Cook the chicken

In a shallow bowl, add the **plain flour**, then season with **salt** and **pepper**. Drain off any excess **soy mixture** from the **chicken** chunks and toss in the **flour mixture**. Return the frying pan to a medium-high heat with enough **olive oil** to coat the base. When the oil is hot, cook the **chicken**, tossing occasionally, until browned and cooked through, **4-6 minutes** (cook in batches if your pan is getting crowded). Transfer to a plate lined with a paper towel.

2



## Get prepped

While the rice is cooking, heat a large frying pan over a medium-high heat. Add the **mixed sesame seeds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl. Thinly slice the **cucumber** into rounds. Slice the **pear** into thin sticks. Cut the **chicken thigh** into 2cm chunks. In a medium bowl, combine the **soy sauce**, **honey** and the remaining **garlic**. Add the **chicken** and toss to coat. Set aside.

5



## Make the slaw

While the chicken is cooking, combine the **slaw mix**, **pear** and 1/2 the **sesame seeds** in a large bowl. Add a generous splash of the **pickling liquid** from the **cucumber**, toss to coat, and season to taste. In a small bowl, combine the **mayonnaise** and **Japanese dressing**.

3



## Pickle the cucumber

In a small bowl, combine the **rice wine vinegar**, **sugar** and **salt** (for the cucumber). Stir to dissolve and add the **cucumber**. Add just enough **water** to cover the cucumber. Toss to coat, then set aside, tossing every few minutes to coat in the dressing.

6



## Serve up

Finely slice the **long red chilli** (if using). Drain the pickled cucumber. Divide the garlic rice between bowls and top with the Japanese-style chicken, sesame slaw and pickled cucumber. Serve with the Japanese mayonnaise and sprinkle with the chilli and the remaining sesame seeds.

## Enjoy!