



# Salt & Pepper Chicken

with Garlic Rice & Japanese Mayo

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Capsicum



Snow Peas



Long Red Chilli (Optional)



Japanese Dressing



Mayonnaise



Black Peppercorns



Southeast Asian Spice Blend



Chicken Thigh



Crispy Shallots

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

### 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	2 packets
water*	1¼ cups	2½ cups
salt* (for the rice)	¼ tsp	½ tsp
capsicum	1	2
snow 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 packet (40g)	2 packets (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 small packet	1 large packet
crispy shallots	1 packet	2 packets

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	4061kJ (970Cal)	761kJ (181Cal)
Protein (g)	44.9g	8.4g
Fat, total (g)	46.2g	8.7g
- saturated (g)	12.6g	2.4g
Carbohydrate (g)	91.2g	17.1g
- sugars (g)	20.2g	3.8g
Sodium (mg)	1919mg	360mg

### Allergens

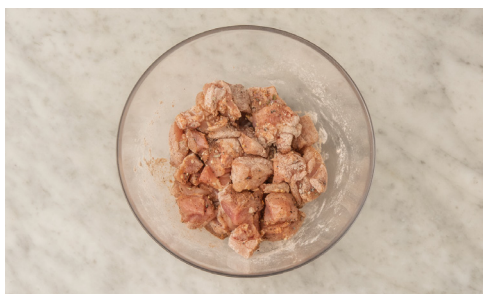
Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1. Cook the garlic rice

Finely chop the **garlic** (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 the **salt (for the rice)**, then 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 is 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 (see ingredients list)** in their sachet with a saucepan or rolling pin (or use a mortar and pestle). 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.



## 2. Get prepped

While the rice is cooking, slice the **capsicum** into thin strips. Trim and halve the **snow 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**.



## 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 **snow peas** and **honey-soy mixture** and cook until tender, **1-2 minutes**. Transfer to a bowl and cover to keep warm.



## 5. Cook the chicken

Wash and dry 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:** If your pan is getting crowded, cook in batches for the best results, adding more oil as needed.



## 6. Serve up

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

**Enjoy!**