

Salt & Pepper Chicken

with Garlic Rice & Japanese Mayo

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Capsicum



Green Beans



Japanese Dressing



Mayonnaise



Black Peppercorns



Southeast Asian Spice Blend



Chicken Thigh





Long Red Chilli (Optional)




Crushed Peanuts

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

 Eat me early

 Spicy (optional long red chilli)

 Naturally gluten-free
Not suitable for Coeliacs

Watch out salt and pepper squid, because our chicken version is going to steal even your biggest fans! With all the tasty 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 (or Gluten-Free Tamari Soy Sauce, Honey, Plain Flour (or Gluten-Free 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 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
capsicum	1	2
green beans	1 bag (200g)	1 bag (400g)
soy sauce* (or gluten-free tamari 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*	½ tsp	1 tsp
Southeast Asian spice blend	1 sachet	2 sachets
plain flour* (or gluten-free plain flour)	2 tbs	¼ cup
chicken thigh	1 small packet	1 large packet
long red chilli (optional)	1	2
crushed peanuts	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4118kJ (984Cal)	713kJ (170Cal)
Protein (g)	46.8g	8.1g
Fat, total (g)	46.3g	8g
- saturated (g)	11.3g	2g
Carbohydrate (g)	88.7g	15.4g
- sugars (g)	18.5g	3.2g
Sodium (mg)	1774mg	307mg

The quantities provided above are averages only.

Allergens

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

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

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Cook the garlic rice

Finely chop the **garlic**. 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 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!



Coat the chicken

Lightly crush the **black peppercorns** (see ingredients) in a pestle and mortar or in their sachet using a rolling pin. In a medium bowl, combine the **salt**, crushed **peppercorns**, **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.



Get prepped

While the rice is cooking, slice the **capsicum** into thin strips. Trim and halve the **green beans**. In a small bowl, combine the **soy sauce** and **honey**. In a second small bowl, combine the **Japanese dressing** and **mayonnaise**.



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. Cook the **chicken**, tossing occasionally, until browned and cooked through, **6-7 minutes** (cook in batches if your pan is getting crowded).



Cook the veggies

In a large frying pan or wok, heat a drizzle of **olive oil** over a medium-high heat. Cook the **capsicum** until softened, **2 minutes**. Add the **green beans** and **honey-soy mixture** and cook, tossing, until tender, **4-5 minutes**. Transfer to a bowl and cover to keep warm.



Serve up

Thinly slice the **long red chilli** (if using). Divide the garlic rice between plates and top with the honey-soy veggies and salt and pepper chicken. Sprinkle with the chilli and **crushed peanuts**. Serve with the Japanese mayo.

Enjoy!