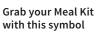


Asian Salt & Pepper Chicken with Lemongrass Veggies & Garlic Rice

BESTSELLER

TAKEAWAY FAVES











Carrot





Soy Sauce



Ginger Lemongrass





Southeast Asian



Spice Blend

Cornflour





Chicken Thigh

Crispy Shallots





Prep in: 35-45 mins Ready in: 35-45 mins

You've had salt and pepper squid, but have you tried salt and pepper chicken? The secret to this delicious meal is coating the



Eat Me Early

chicken with our Southeast Asian spice blend - it makes every crunchy bite a taste sensation!

Pantry items Olive Oil, Butter

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid \cdot Large frying pan

Ingredients

in ign concince				
	2 People	4 People		
olive oil*	refer to method	refer to method		
garlic	2 cloves	4 cloves		
butter*	20g	40g		
basmati rice	1 medium packet	2 medium packets		
water*	1½ cups	3 cups		
broccoli	1 head	2 heads		
carrot	1	2		
soy sauce mix	1 medium packet	2 medium packets		
sweet chilli sauce	1 small packet	1 medium packet		
ginger lemongrass paste	1 packet	2 packets		
black peppercorns	½ sachet	1 sachet		
Southeast Asian spice blend	1 sachet	2 sachets		
cornflour	1 medium sachet	1 large sachet		
chicken thigh	1 small packet	2 small packets OR 1 large packet		
crispy shallots	1 medium packet	1 large packet		
garlic aioli	1 medium packet	1 large packet		
chicken breast**	1 small packet	2 small packets OR 1 large packet		

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3910kJ (935Cal)	735kJ (176Cal)
Protein (g)	44.1g	8.3g
Fat, total (g)	47.1g	8.9g
- saturated (g)	12.2g	2.3g
Carbohydrate (g)	90.7g	17g
- sugars (g)	14.5g	2.7g
Sodium (mg)	1330mg	250mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3834kJ (916Cal)	721kJ (172Cal)
Protein (g)	47.7g	9g
Fat, total (g)	43.3g	8.1g
- saturated (g)	11.1g	2.1g
Carbohydrate (g)	90.7g	17g
- sugars (g)	14.5g	2.7g
Sodium (mg)	1313mg	247mg

The quantities provided above are averages only.

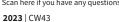
Allergens

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.

We're here to help!

Scan here if you have any questions or concerns







Cook the rice

- Finely chop garlic.
- In a medium saucepan, melt the butter with a dash of olive oil over medium heat. Add garlic and cook until fragrant, 1-2 minutes. Add basmati rice and the water. Stir and bring to the boil.
- Reduce heat to low and cover with a lid. Cook for 10 minutes, then remove from the heat and keep covered until the rice is tender and the water has absorbed. 10 minutes.

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



Get prepped

- Chop **broccoli** into small florets and roughly chop the stalk.
- Thinly slice carrot into rounds.
- In a small bowl, combine soy sauce mix and sweet chilli sauce.



Cook the veggies

- Heat a large frying pan with a drizzle of olive oil over medium-high heat. Add broccoli and carrot with a good splash of water and cook, tossing, until tender, 5-7 minutes.
- Add ginger lemongrass paste and cook, tossing, until fragrant, 1 minute. Transfer to a medium bowl.



Flavour the chicken

- SPICY! If you're sensitive to spice, feel free to use less peppercorns. While the veggies are cooking, lightly crush the black peppercorns (see ingredients) using a pestle and mortar or in their sachet using a rolling pin.
- In a second medium bowl, combine the crushed peppercorns, a pinch of salt, Southeast Asian spice blend and cornflour.
- Cut chicken thigh into 2cm chunks. Add chicken to the spiced cornflour and toss to coat.

Custom Recipe: If you've swapped to chicken breast, prepare and season chicken as above.



Cook the chicken

- Return frying pan to medium-high heat with a generous drizzle of olive oil. When oil is hot, pick up the chicken using tongs and shake any excess flour back into the bowl.
- Cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 6-7 minutes.
- Return veggies to the pan, add soy sauce mixture and cook until bubbling, 1 minute.

TIP: Add a drizzle more oil if needed. Cook in batches for the best results!

Custom Recipe: Cook chicken, as above, in batches for best results.



Serve up

- Divide garlic rice between bowls.
- Top with lemongrass veggies and Asian salt and pepper chicken.
- Sprinkle over crispy shallots. Serve with a dollop of garlic aioli. Enjoy!

Rate your recipe

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