



Asian Salt & Pepper Chicken

with Lemongrass Veggies & Garlic Rice

BESTSELLER

TAKEAWAY FAVES



Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Broccoli



Carrot



Soy Sauce Mix



Sweet Chilli Sauce



Ginger Lemongrass Paste



Black Peppercorns



Southeast Asian Spice Blend



Cornflour



Chicken Thigh



Crispy Shallots



Garlic Aioli



Chicken Breast

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

Eat Me Early

You've had salt and pepper squid, but have you tried salt and pepper chicken? The secret to this delicious meal is coating the chicken with our Southeast Asian spice blend - it makes every crunchy bite a taste sensation!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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 · Large frying pan

Ingredients

	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!



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.



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 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.



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.



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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