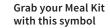
Asian Salt & Pepper Chicken with Ginger Veggies & Garlic Rice

TAKEAWAY FAVES











Sweet Chilli Sauce







Broccoli & Carrot



Chicken Thigh



Garlic Paste

Garlic Aioli



Southeast Asian Spice Blend





Crispy Shallots





Prep in: 20-30 mins Ready in: 20-30 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



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 · Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
basmati rice	1 medium packet	2 medium packets		
soy sauce mix	1 medium packet	2 medium packets		
sweet chilli sauce	1 small packet	1 medium packet		
black peppercorns	½ sachet	1 sachet		
broccoli & carrot mix	1 medium bag	1 large bag		
ginger lemongrass paste	1 packet	2 packets		
chicken thigh	1 small packet	2 small packets OR 1 large packet		
cornflour	1 medium packet	1 large packet		
Southeast Asian spice blend	1 sachet	2 sachets		
garlic paste	1 packet	2 packets		
butter*	20g	40g		
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)	3835kJ (917Cal)	889kJ (212Cal)
Protein (g)	39.1g	9.1g
Fat, total (g)	47.7g	11.1g
- saturated (g)	12.3g	2.9g
Carbohydrate (g)	90g	20.9g
- sugars (g)	13.4g	3.1g
Sodium (mg)	1357mg	314mg
0 1 5 1		

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3760kJ (899Cal)	871kJ (208Cal)
Protein (g)	42.8g	9.9g
Fat, total (g)	43.9g	10.2g
- saturated (g)	11.2g	2.6g
Carbohydrate (g)	90g	20.9g
- sugars (g)	13.4g	3.1g
Sodium (mg)	1340mg	311mg

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

- Boil the kettle. Half-fill a medium saucepan with the boiling water.
- Add **basmati rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, 12 minutes. Drain.



Cook the chicken

- While veggies are cooking, cut chicken thigh into 2cm chunks.
- In a medium bowl, combine crushed peppercorns, cornflour, Southeast Asian spice blend and a pinch of salt. Add chicken and toss to coat.
- Return frying pan to high heat with a generous drizzle of olive oil. When oil is hot, cook chicken, tossing, until browned and cooked through (when no longer pink inside), 5-6 minutes.
- Remove pan from heat and add sweet chilli sauce mixture, tossing to coat.

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



Get prepped & cook the veggies

- Meanwhile, in a small bowl, combine soy sauce mix and sweet chilli sauce. Crush black peppercorns (see ingredients) with a pestle and mortar, or in their sachet using a rolling pin.
- In a large frying pan, heat a drizzle of olive oil over high heat. Cook broccoli & carrot mix, tossing, until softened, 5-6 minutes.
- Add ginger lemongrass paste and cook until fragrant, 1 minute. Season. Transfer to a bowl and cover to keep warm.

TIP: Add a dash of water to the pan to help speed up the cooking process.



Serve up

- While chicken is cooking, in a small heatproof bowl, microwave garlic paste and the **butter** in **10 second** bursts, until melted and fragrant. Stir garlic butter through rice.
- · Divide garlic rice between bowls.
- Top with ginger veggies and Asian salt and pepper chicken.
- Sprinkle over **crispy shallots** and top with a dollop of **garlic aioli** to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate

