



Asian Salt & Pepper Chicken

with Ginger Veggies & Garlic Rice

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Basmati Rice



Soy Sauce Mix



Sweet Chilli Sauce



Black Peppercorns



Broccoli & Carrot Mix



Ginger Lemongrass Paste



Chicken Thigh



Cornflour



Southeast Asian Spice Blend



Garlic Paste



Crispy Shallots



Garlic Aioli



Chicken Breast

Prep in: 20-30 mins
Ready in: 20-30 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 · Large frying pan

Ingredients

	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

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



1



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.

3



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.

2



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.

4



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?

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