



# Asian Salt & Pepper Chicken

with Lemongrass Veggies & Garlic Rice

TAKEAWAY FAVES



Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



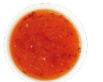
Broccoli



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
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
<b>butter*</b>	20g	40g
<b>water*</b>	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
broccoli	1 head	2 heads
carrot	1	2
soy sauce mix	1 medium sachet	2 medium sachets
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 packet	1 large packet
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](https://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 the **water** and a generous pinch of salt and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from the heat and keep covered until the rice is tender and the water has absorbed, **12 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 **black peppercorns** (see ingredients) using a pestle and mortar or in their sachet using a rolling pin.
- In a second medium bowl, combine 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 **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 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:** Increase heat to high. Cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes.



## 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 **garlic aioli**. Enjoy!

## Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)