



# Asian Salt & Pepper Chicken

with Ginger Veggies & Garlic Rice

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Jasmine Rice



Soy Sauce Mix



Sweet Chilli Sauce



Black Peppercorns



Broccoli & Carrot Mix



Ginger Lemongrass Paste



Chicken Thigh



Cornflour



Southeast Asian Spice Blend



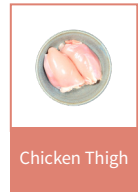
Garlic Paste



Garlic Aioli



Crispy Shallots



Chicken Thigh

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

Eat Me Early

Watch out salt and pepper squid, because our chicken version is going to steal even your biggest fans! With all the spicy flavour, but pan-fried instead of deep-fried, this is a quick and easy dinner that's going to blow your mind.

**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
<b>water*</b>	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
soy sauce mix	1 medium sachet	2 medium sachets
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
<b>butter*</b>	20g	40g
garlic aioli	1 medium packet	1 large packet
crispy shallots	1 medium packet	1 large packet
chicken thigh**	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)	4663kJ (1114Cal)	782kJ (187Cal)
Protein (g)	69.5g	11.7g
Fat, total (g)	56.1g	9.4g
- saturated (g)	14.8g	2.5g
Carbohydrate (g)	90g	15.1g
- sugars (g)	13.4g	2.2g
Sodium (mg)	1458mg	244mg

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



1



## Cook the rice

- Add the **water (for the rice)** to a medium saucepan and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove the pan from heat and keep covered until rice is tender and all the water is absorbed, **12 minutes**.

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

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 doubled your chicken thigh, prepare as above.

Cook chicken in batches, returning all the chicken to the pan before adding the sweet chilli sauce.

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.
- Top with a dollop of **garlic aioli**. Sprinkle over **crispy shallots** to serve. 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)