



# Asian Salt & Pepper Chicken

with Ginger Veggies & Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Broccoli



Carrot



Soy-Ginger Stir-Fry Sauce



Ginger Lemongrass Paste



Black Peppercorns



Southeast Asian Spice Blend



Chicken Thigh



Crispy Shallots



Garlic Aioli

Hands-on: 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!

### Pantry items

Olive Oil, Butter, Soy Sauce, Honey, Plain Flour

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## 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	4 cloves	8 cloves
butter*	20g	40g
jasmine rice	1 medium packet	1 large packet
water*	1¼ cups	2½ cups
broccoli	1 head	2 heads
carrot	1	2
soy-ginger stir-fry sauce	1 medium packet	1 large packet
soy sauce*	2 tsp	1 tbs
honey*	2½ tsp	1½ tbs
ginger lemongrass paste	1 packet	2 packets
black peppercorns	½ sachet	1 sachet
salt*	½ tsp	1 tsp
Southeast Asian spice blend	1 sachet	2 sachets
plain flour*	1 tbs	2 tbs
chicken thigh	1 small packet	1 large packet
crispy shallots	1 medium packet	1 large packet
garlic aioli	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4309kJ (1029Cal)	648kJ (154Cal)
Protein (g)	49.7g	7.5g
Fat, total (g)	45.2g	6.8g
- saturated (g)	10.7g	1.6g
Carbohydrate (g)	99.1g	14.9g
- sugars (g)	26.5g	4g
Sodium (mg)	4005mg	602mg

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.



## Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Add the **jasmine rice** and **water**, stir, and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove from the heat and keep covered until the rice is tender and the water has absorbed, **10-15 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) in a pestle and mortar or in their sachet using a rolling pin. In a medium bowl, combine the crushed **peppercorns**, the **salt**, **Southeast Asian spice blend** and **plain flour**. Cut the **chicken thighs** into 2cm chunks. Add the **chicken** to the **spiced flour** and toss to coat.



## Get prepped

Chop the **broccoli** into small florets and roughly chop the stalk. Thinly slice the **carrot** into half-moons. In a small bowl, combine the **soy-ginger stir-fry sauce**, **soy sauce**, **honey** and the remaining **garlic**.



## Cook the chicken

Return the frying pan to a medium-high heat with a generous drizzle of **olive oil**. When the oil is hot, pick up the **chicken** using tongs and shake any excess **flour** back into the bowl. Cook the **chicken**, tossing occasionally, until browned and cooked through, **6-7 minutes**. Transfer to a plate. Return the frying pan to a medium-high heat. Add the **veggies** and **soy-ginger sauce mixture** and cook until slightly thickened, **1 minute**.

**TIP:** Add a drizzle more oil if needed. Cook in batches for the best results!



## Cook the veggies

Heat a large frying pan with a drizzle of **olive oil** over a medium-high heat. Add the **broccoli** and **carrot**, with a good splash of **water** and cook until tender, **5-7 minutes**. Add the **ginger lemongrass paste** and cook, tossing, until fragrant, **1 minute**. Transfer to a medium bowl.



## Serve up

Divide the garlic rice between bowls. Top with the ginger veggies and Asian salt and pepper chicken. Sprinkle over the **crispy shallots**. Serve with the **garlic aioli**.

## Enjoy!