



Korean-Style Crispy Chicken

with Charred Corn Slaw & Sriracha Mayo

NEW



Grab your Meal Kit with this symbol



Garlic



Celery



Sweetcorn



Chicken Thigh



Cornflour



Korean Stir-Fry Sauce



Slaw Mix



Sriracha



Mayonnaise



Chicken Breast

Prep in: 25-35 mins
Ready in: 35-45 mins

Carb Smart

Eat Me Early

Our eyes are wide open with anticipation for crispy and richly sauced chicken, it's simply irresistible. In a bowl of charred corn slaw it's sure to make your jaw drop and don't get us started on the sriracha mayo. In fact, let's dive right in and enjoy!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Plain Flour, Vinegar (White Wine or Rice Wine)

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
celery	1 stalk	2 stalks
sweetcorn	1 tin	1 tin
chicken thigh	1 small packet	2 small packets OR 1 large packet
cornflour	1 packet	2 packets
plain flour*	1 tbs	2 tbs
Korean stir-fry sauce	1 medium packet	1 large packet
slaw mix	1 bag (150g)	1 bag (300g)
vinegar* (white wine or rice wine)	drizzle	drizzle
sriracha	1 packet (20g)	1 packet (40g)
mayonnaise	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)	2405kJ (575Cal)	541kJ (129Cal)
Protein (g)	33.4g	7.5g
Fat, total (g)	37.4g	8.4g
- saturated (g)	7.3g	1.6g
Carbohydrate (g)	38.4g	8.6g
- sugars (g)	14.6g	3.3g
Sodium (mg)	1410mg	317mg
Dietary Fibre (g)	4.9g	1.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2319kJ (554Cal)	522kJ (125Cal)
Protein (g)	38g	8.5g
Fat, total (g)	29.9g	6.7g
- saturated (g)	5g	1.1g
Carbohydrate (g)	38.4g	8.6g
- sugars (g)	14.6g	3.3g
Sodium (mg)	1391mg	313mg
Dietary Fibre (g)	4.9g	1.1g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/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



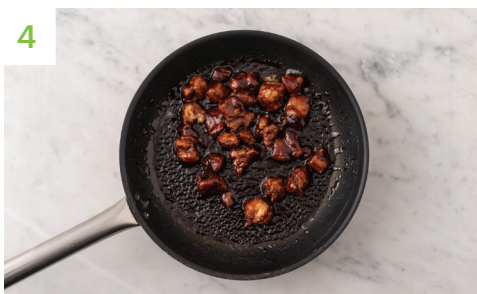
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Get prepped

- Finely chop **garlic**. Thinly slice **celery**. Drain the **sweetcorn**. Cut **chicken thigh** into 2cm chunks.
- In a medium bowl, combine **chicken, garlic**, a generous pinch of **salt** and a drizzle of **olive oil**. Set aside.

Custom Recipe: If you've swapped to chicken breast, prep and flavour the chicken in the same way as above.



Add the sauce

- Wipe out the frying pan, then return to medium heat with a drizzle of **olive oil**.
- Add **Korean stir-fry sauce**, then return **chicken** to the pan and cook, stirring, until coated and heated through, **1 minute**.



Char the corn

- Heat a large frying pan over medium-high heat. Cook **sweetcorn**, tossing, until lightly browned, **4-5 minutes**. Transfer to a large bowl.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



Toss the slaw

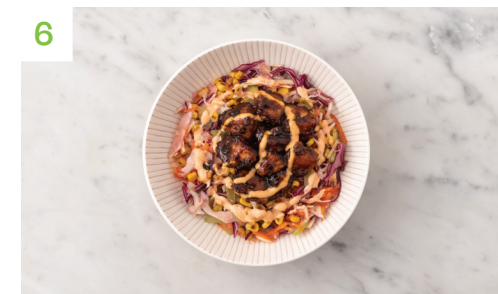
- Meanwhile, add **slaw mix** to the charred **corn**, along with **celery** and a drizzle of **vinegar** and **olive oil**. Season with **salt** and **pepper** and set aside.
- In a small bowl, combine **sriracha, mayonnaise** and a dash of **water**. Season to taste.



Cook the chicken

- Add **cornflour** and the **plain flour** to the bowl of **chicken** and toss to coat.
- Return the frying pan to medium-high heat with enough **olive oil** to cover the base.
- When oil is hot, dust off any excess **flour** from **chicken** and cook, turning occasionally, until browned and cooked through, **5-6 minutes**.
- Transfer to a paper towel-lined plate.

Custom Recipe: Coat chicken and cook in the same way as above.



Serve up

- Divide charred corn slaw between bowls.
- Top with Korean-style crispy chicken.
- Drizzle with sriracha mayo to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate