



Quick Honey-Soy Crispy Chicken Bites

with Jasmine Rice & Creamy Corn Slaw

KID FRIENDLY

Grab your Meal Kit with this symbol



Jasmine Rice



Carrot



Sweetcorn



Chicken Breast



Garlic Paste



Honey-Soy Sauce



Shredded Cabbage Mix



Garlic Aioli



Chicken Breast

Prep in: 20-30 mins
Ready in: 25-35 mins

Eat Me Early

These chicken bites might look cute but they're hiding a secret weapon. When you dig in, they unleash a very devastatingly delicious honey-soy sauce that will blow you away. They are simply unbeatable in our opinion!

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), Sesame Oil

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
olive oil*	refer to method	refer to method
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
carrot	1	2
sweetcorn	1 tin	1 tin
chicken breast	1 small packet	2 small packets OR 1 large packet
garlic paste	1 medium packet	1 large packet
plain flour*	2 tbs	¼ cup
honey-soy sauce	1 medium packet	1 large packet
vinegar* (white wine or rice wine)	drizzle	drizzle
water* (for the sauce)	¼ cup	½ cup
shredded cabbage mix	1 bag (150g)	1 bag (300g)
garlic aioli	1 medium packet	1 large packet
sesame oil*	1 tsp	2 tsp
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)	3264kJ (780Cal)	628kJ (150Cal)
Protein (g)	43.4g	8.4g
Fat, total (g)	19.6g	3.8g
- saturated (g)	3g	0.6g
Carbohydrate (g)	105.3g	20.3g
- sugars (g)	24.5g	4.7g
Sodium (mg)	1349mg	260mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4009kJ (958Cal)	590kJ (141Cal)
Protein (g)	76.6g	11.3g
Fat, total (g)	24.8g	3.7g
- saturated (g)	4.6g	0.7g
Carbohydrate (g)	106.1g	15.6g
- sugars (g)	24.5g	3.6g
Sodium (mg)	1448mg	213mg

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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1



Cook the rice

- Add **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 pan from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

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

Little cooks: Older kids can help add the rice to the saucepan under adult supervision. Be careful, the water is boiling!

3



Cook the chicken

- Add the **plain flour** to the **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**, then cook, tossing occasionally, until browned and cooked through, **5-6 minutes**. Transfer to a paper towel-lined plate.
- Wipe out the frying pan, then return to medium heat. Add **honey-soy sauce**, the **vinegar** and **water (for the sauce)**. Stir until slightly reduced, **1-2 minutes**. Return **chicken** to the pan and toss to coat.

Custom Recipe: If you've doubled your chicken breast, cook in batches for the best results. Transfer to a paper towel-lined plate. Continue as above.

2

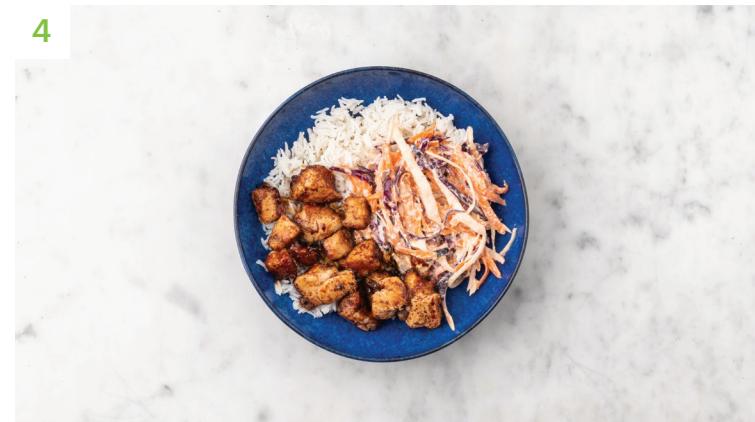


Get prepped

- Meanwhile, grate **carrot**. Drain the **sweetcorn**. Cut **chicken breast** into 2cm chunks.
- In a medium bowl, combine **garlic paste**, a generous pinch of **salt** and a drizzle of **olive oil**. Add **chicken** and toss to coat.
- Heat a large frying pan over high heat. Cook **sweetcorn** 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.

4



Serve up

- To the bowl of charred corn, add carrot, **shredded cabbage mix**, **garlic aioli**, the **sesame oil** and a drizzle of vinegar. Season and toss to coat.
- Divide jasmine rice between bowls. Top with creamy corn slaw and honey-soy crispy chicken bites. Enjoy!

Rate your recipe

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