



Korean-Style Chicken & Capsicum-Corn Slaw

with Sriracha Mayo

SUMMER SALADS

Grab your Meal Kit with this symbol



Garlic



Sweetcorn



Celery



Capsicum



Chicken Thigh



Korean Stir-Fry Sauce



Slaw Mix



Sriracha



Mayonnaise

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

Carb Smart

Eat Me Early

Our eyes are wide open with anticipation for sticky and richly glazed chicken, it's simply irresistible. In a bowl of charred corn and capsicum 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, 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
sweetcorn	1 tin	1 tin
celery	1 stalk	2 stalks
capsicum	1	2
chicken thigh	1 small packet	2 small packets OR 1 large packet
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

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2421kJ (579Cal)	470kJ (112Cal)
Protein (g)	34.7g	6.7g
Fat, total (g)	37.5g	7.3g
- saturated (g)	7.3g	1.4g
Carbohydrate (g)	37.2g	7.2g
- sugars (g)	17.6g	3.4g
Sodium (mg)	1410mg	274mg
Dietary Fibre (g)	6.1g	1.2g

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!

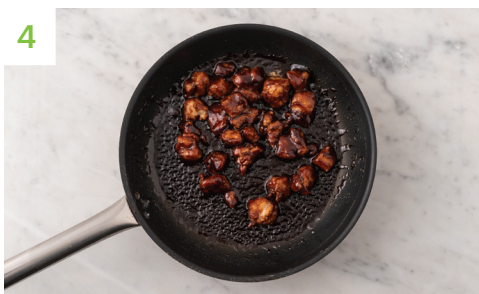
Scan here if you have any questions or concerns

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Get prepped

- Finely chop **garlic**. Drain **sweetcorn**. Thinly slice **celery** and **capsicum**. 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.



Add the sauce

- Add **Korean stir-fry sauce** to the pan, stirring, until chicken is coated and heated through, **1 minute**.



Char the corn

- Heat a large frying pan over medium-high heat. Cook **sweetcorn** and **capsicum**, 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** and **capsicum**, along with **celery** and a drizzle of **vinegar** and **olive oil**. Season with **salt** and **pepper**.
- In a small bowl, combine **sriracha**, **mayonnaise** and a dash of **water**. Season to taste.



Cook the chicken

- Return the frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **chicken**, tossing, until browned and cooked through, **5-6 minutes**.



Serve up

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

Rate your recipe

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