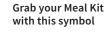


Honey-Soy Chicken & Jasmine Rice with Creamy Celery Slaw

KID FRIENDLY **NEW**

CLIMATE SUPERSTAR













Radish

Diced Chicken



Garlic Paste





Soy Sauce





Mayonnaise

Pantry items

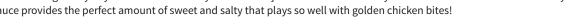
Olive Oil, Honey, Sesame Oil



Prep in: 25-35 mins Ready in: 30-40 mins

We're channelling honey-soy flavours in this saucy chicken and jasmine rice bowl. Celery slaw adds a subtle crunch and honey soy sauce provides the perfect amount of sweet and salty that plays so well with golden chicken bites!

Eat Me Early



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 · Large frying pan

Ingredients

| | 2 People | 4 People |
|-------------------------|--------------------|--------------------|
| olive oil* | refer to method | refer to method |
| jasmine rice | 1 packet | 1 packet |
| celery | 1 stalk | 2 stalks |
| radish | 1 | 2 |
| diced chicken | 1 packet | 1 packet |
| garlic paste | 1 large packet | 2 large packets |
| sweet soy seasoning | 1 sachet | 2 sachets |
| soy sauce mix | 1 packet (40ml) | 1 packet (80ml) |
| honey* | ½ tbs | 1 tbs |
| sesame oil* | ½ tbs | 1 tbs |
| shredded cabbage mix | 1 bag (150g) | 1 bag (300g) |
| mayonnaise | 1 medium packet | 1 large packet |
| pork loin steaks** | 1 packet | 1 packet |
| | | |

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3084kJ (737Cal) | 697kJ (167Cal) |
| Protein (g) | 42.4g | 9.6g |
| Fat, total (g) | 19g | 4.3g |
| - saturated (g) | 3.1g | 0.7g |
| Carbohydrate (g) | 94.8g | 21.4g |
| - sugars (g) | 16.8g | 3.8g |
| Sodium (mg) | 2187mg | 494mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|------------------------|-----------------------|
| Energy (kJ) | 3124kJ (747Cal) | 706kJ (169Cal) |
| Protein (g) | 44.4g | 10g |
| Fat, total (g) | 19.1g | 4.3g |
| - saturated (g) | 3.2g | 0.7g |
| Carbohydrate (g) | 94.1g | 21.3g |
| - sugars (g) | 16g | 3.6g |
| Sodium (mg) | 2199mg | 497mg |

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.



Cook the rapid rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add jasmine rice and a pinch of salt and cook, uncovered, over high heat until tender,
 12-14 minutes.
- Drain, rinse with warm water and set aside.



Get prepped

- Meanwhile, thinly slice celery and radish.
- In a medium bowl, combine diced chicken, garlic paste, a generous pinch of salt and a drizzle of olive oil. Set aside.
- In a small bowl, combine sweet soy seasoning, soy sauce mix, the honey and sesame oil.
 Set aside.

Little cooks: Kids can help combine the ingredients for the sauce.

Custom Recipe: If you've swapped to pork loin steaks, slice pork loin into 1cm strips. Coat pork as above.



Cook the chicken

 In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes.

Custom Recipe: Heat the frying pan as above. Cook pork strips in batches, tossing, until golden, 2-3 minutes.



Add the sauce

 Reduce heat to medium, then add the honey-soy mixture, tossing chicken to coat.
 Stir until slightly reduced, 1-2 minutes.



Toss the slaw

 Meanwhile, combine shredded cabbage mix, celery, radish and mayonnaise in a large bowl.
 Season with salt and pepper.

Little cooks: Help combine and toss the slaw!



Serve up

- · Divide rapid rice between bowls.
- Top with honey-soy chicken and creamy celery slaw.
- Spoon any remaining sauce from the pan over chicken to serve. Enjoy!



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