



Honey-Soy Chicken & Jasmine Rice

with Creamy Celery Slaw

NEW KID FRIENDLY CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Jasmine Rice



Celery



Radish



Diced Chicken



Garlic Paste



Sweet Soy Seasoning



Soy Sauce Mix



Shredded Cabbage Mix



Mayonnaise



Pork Loin Steaks

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

Eat Me Early

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!

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

Pantry items
Olive Oil, Honey, 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 · 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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW08



1



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.

4



Add the sauce

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

2



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.

5



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!

3



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.

6



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!

Rate your recipe

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