



Honey Soy Chicken & Garlic Rice

with Charred Corn Slaw & Crispy Shallots

NEW

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Celery



Sweetcorn



Chicken Drumstick Fillet



Sweet Soy Seasoning



Soy Sauce Mix



Shredded Cabbage Mix



Garlic Aioli



Crispy Shallots



Beef Strips

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

Tonight's dinner takes chicken and rice to new levels. As if the honey soy chicken wasn't delicious enough, serving it alongside garlic rice adds another flavour punch! The addition of creamy slaw and crispy shallots add the perfect amount of freshness and crunch to this irresistible dish.

Eat Me Early

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

Pantry items

Olive Oil, Butter, Honey, 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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
celery	1 stalk	2 stalks
sweetcorn	½ large tin	1 large tin
chicken drumstick fillet	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	1 sachet	2 sachets
soy sauce mix	1 medium sachet	1 large sachet
honey*	2 tsp	4 tsp
shredded cabbage mix	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet
vinegar* (white wine or rice wine)	drizzle	drizzle
crispy shallots	1 medium packet	1 large packet 2 medium packets
beef strips**	1 medium packet	OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3539kJ (846Cal)	737kJ (176Cal)
Protein (g)	38.6g	8g
Fat, total (g)	34.5g	7.2g
- saturated (g)	10.7g	2.2g
Carbohydrate (g)	90.3g	18.8g
- sugars (g)	19.2g	4g
Sodium (mg)	2075mg	432mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3592kJ (859Cal)	807kJ (193Cal)
Protein (g)	38.5g	8.6g
Fat, total (g)	36.2g	8.1g
- saturated (g)	12.1g	2.7g
Carbohydrate (g)	90.3g	20.3g
- sugars (g)	19.2g	4.3g
Sodium (mg)	1990mg	447mg

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 | CW11



1



Cook the rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
- Add the **water** and a generous pinch of **salt**, then bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove 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!

4



Cook the chicken

- Return frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken**, tossing, until browned, **6-8 minutes**.
- Remove pan from heat, add **soy sauce mix** and the **honey**, tossing to coat.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!

TIP: Chicken is cooked through when it is no longer pink inside

Custom Recipe: Heat frying pan as above. When oil is hot, cook beef strips in batches, tossing, until browned and cooked through, 1-2 minutes. Continue with recipe.

2



Get prepped

- Meanwhile, thinly slice **celery**. Drain **sweetcorn** (see ingredients).
- Cut **chicken drumstick fillets** into 2cm chunks.
- In a medium bowl, combine **sweet soy seasoning** and a drizzle of **olive oil**. Add **chicken**, toss to coat. Set aside.

Custom Recipe: If you've swapped to beef strips, discard any liquid from packaging. Flavour beef in the same way as the chicken.

5



Toss the slaw

- Meanwhile, to the bowl with the **charred corn**, add **celery**, **shredded cabbage mix**, **garlic aioli** and a drizzle of **vinegar** and **olive oil**. Toss to combine and season to taste.

3



Char the corn

- 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.

6



Serve up

- Divide garlic rice and charred corn slaw between bowls. Top with honey soy chicken and spoon over any remaining glaze from the pan.
- Garnish with **crispy shallots** to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

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