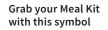


Sweet-Sticky Chicken & Pear Slaw with Garlic Couscous & Japanese Mayo

KID FRIENDLY

CLIMATE SUPERSTAR













Chicken Thigh





Japanese Dressing

Mayonnaise



Seasoning Blend





Shredded Cabbage



Parsley



We've replaced the jasmine rice with couscous due to local ingredient availability. It'll be just as delicious, just follow your recipe!

Prep in: 30-40 mins Ready in: 35-45 mins



Sweetly glazed chicken bites are popping with flavour in a bowl that's already got the aromas of garlic couscous. If that still isn't enough, a Japanese mayo may be the thing to tick all your tasty boxes. We'll let you give it a try and find out.

Pantry items

Olive Oil, Butter, Soy Sauce, 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

9		
	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
couscous	1 large packet	2 large packets
water*	1½ cups	3 cups
pear	1	2
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
mayonnaise	1 medium packet	1 large packet
Japanese dressing	1 packet	2 packets
seasoning blend	½ sachet	1 sachet
sweet chilli sauce	1 medium packet	1 large packet
soy sauce*	1 tbs	2 tbs
shredded cabbage mix	1 medium packet	1 large packet
vinegar* (white wine or rice wine)	drizzle	drizzle
parsley	1 packet	1 packet
+		

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3784kJ (904Cal)	785kJ (187Cal)
Protein (g)	43.3g	9g
Fat, total (g)	40.5g	8.4g
- saturated (g)	12.5g	2.6g
Carbohydrate (g)	96.1g	19.9g
- sugars (g)	24.6g	5.1g
Sodium (mg)	1980mg	411mg

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.



Make the garlic couscous

- Finely chop garlic.
- In a medium saucepan, heat a drizzle of olive oil over medium-high heat. Cook garlic until fragrant, 1 minute.
- Add the water and bring to the boil. Add couscous and stir to combine.
- Cover with a lid and remove from heat. Set aside until the water has absorbed, 5 minutes. Fluff up with a fork and season to taste.



Get prepped

- Meanwhile, thinly slice pear into sticks.
 Cut chicken thigh into 2cm chunks.
- In a small bowl, combine mayonnaise and Japanese dressing. Set aside.
- In a medium bowl, add seasoning blend (see ingredients) and a drizzle of olive oil.
 Add chicken and toss to coat.



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.

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



Glaze the chicken

 Add sweet chilli sauce and the soy sauce to the pan and toss chicken to coat, 1 minute.



Toss the slaw

 Meanwhile, combine shredded cabbage mix, pear and a drizzle of vinegar in a second medium bowl.

Little cooks: *Kids can help toss the slaw!*



Serve up

- Divide garlic couscous between bowls. Top with pear slaw and sweet and sticky chicken.
- Drizzle with Japanese mayo. Tear over parsley to serve. Enjoy!

Little cooks: Add the finishing touch by tearing over the parsley.

