



Sweet-Sticky Chicken & Pear Slaw

with Garlic Couscous & Japanese Mayo

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Couscous



Pear



Chicken Thigh



Mayonnaise



Japanese Dressing



Seasoning Blend



Sweet Chilli Sauce



Shredded Cabbage Mix



Parsley

Recipe Update

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

Eat Me Early

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

	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.



Glaze the chicken

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



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.



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!



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.



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.

We're here to help!

Scan here if you have any questions or concerns

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