



Quick Asian Honey-Soy Chicken Bites

with Jasmine Rice & Creamy Corn Slaw

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Jasmine Rice



Carrot



Sweetcorn



Chicken Breast



Garlic Paste



Honey-Soy Sauce



Shredded Cabbage Mix



Garlic Aioli



Chicken Breast

Prep in: 20-30 mins
Ready in: 25-35 mins

Eat Me Early

These chicken bites might look cute but they're hiding a secret weapon. When you dig in, they unleash a very devastatingly delicious honey-soy sauce that will blow you away. They are simply unbeatable in our opinion!

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

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), 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 with lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
sweetcorn	1 medium tin	1 large tin
chicken breast	1 medium packet	2 medium packets OR 1 large packet
garlic paste	1 small packet	1 large packet
honey-soy sauce	1 medium packet	1 large packet
vinegar* (white wine or rice wine)	drizzle	drizzle
water* (for the sauce)	¼ cup	½ cup
shredded cabbage mix	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet
sesame oil*	1 tsp	2 tsp
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3186kJ (761Cal)	579kJ (138Cal)
Protein (g)	49.4g	9g
Fat, total (g)	18.7g	3.4g
- saturated (g)	2.6g	0.5g
Carbohydrate (g)	96.6g	17.6g
- sugars (g)	25.6g	4.7g
Sodium (mg)	1453mg	264mg
Dietary Fibre (g)	7.8g	1.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3957kJ (946Cal)	544kJ (130Cal)
Protein (g)	88.3g	12.1g
Fat, total (g)	21.9g	3g
- saturated (g)	3.6g	0.5g
Carbohydrate (g)	97.6g	13.4g
- sugars (g)	25.7g	3.5g
Sodium (mg)	1588mg	218mg
Dietary fibre (g)	7.8g	1.1g

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.

1



Cook the rice

- Add **water (for the rice)** to a medium saucepan and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove pan 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!

Little cooks: Older kids can help add the rice to the saucepan under adult supervision. Be careful, the water is boiling!

3



Cook the chicken

- Return the frying pan to high heat with a drizzle of **olive oil**.
- When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through (when no longer pink), **5-6 minutes**. Transfer to a plate.
- Wipe out the frying pan, then return to medium heat. Add **honey-soy sauce**, the **vinegar** and **water (for the sauce)**. Stir until slightly reduced, **2-4 minutes**. Return **chicken** to the pan and toss to coat.
- Add **shredded cabbage mix** to the charred corn, along with carrot, **garlic aioli**, the **sesame oil** and a drizzle of vinegar. Season and toss to coat.

2



Get prepped

- Meanwhile, grate **carrot**. Drain **sweetcorn**.
- Cut **chicken breast** into 2cm chunks.
- In a medium bowl, combine **garlic paste**, a generous pinch of **salt** and a drizzle of **olive oil**. Add **chicken** and toss to coat. Set aside.
- 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.

Custom Recipe: If you've doubled your chicken breast, flavour in a large bowl. Cook chicken in batches for best results.

4



Serve up

- Divide jasmine rice between bowls. Top with creamy corn slaw and honey-soy chicken bites. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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