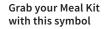


Quick Asian Honey-Soy Chicken Bites with Jasmine Rice & Creamy Corn Slaw

KID FRIENDLY

CLIMATE SUPERSTAR















Sweetcorn

Chicken Breast





Honey-Soy

Garlic Aioli

Garlic Paste



Shredded Cabbage



Pantry items



Chicken Breast

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

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!



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

3				
	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)	1/4 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	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.



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!



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.



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.



Serve up

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

