

Sticky Korean Popcorn Chicken & Cheesy Corn

with Peanut Rice & Asian Apple Slaw

TASTE TOURS

Grab your Meal Kit with this symbol



Jasmine Rice



Crushed Peanuts



Spring Onion



Apple



Sweetcorn



Chicken Thigh



Ginger Paste



Mayonnaise



Shredded Cheddar Cheese



Cornflour



Korean Stir-Fry Sauce



Asian Slaw Mix



Garlic Aioli



Crispy Shallots

Recipe Update

We've replaced the radish in this recipe with apple due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 25-35 mins
Ready in: 40-50 mins

Eat Me Early

Korean cuisine isn't shy about using big, bold and outrageous flavours. This sticky chicken is no exception. We took a cue from the Asian nation's famed chicken and have teamed it with cheesy corn over nutty rice and an apple salad for an absolutely vibrant feast.

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Plain Flour

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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 · Medium or large baking dish
· Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
crushed peanuts	1 medium packet	2 medium packets
spring onion	1 stem	2 stems
apple	1	2
sweetcorn	1 large tin	2 large tins
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
ginger paste	1 medium packet	1 large packet
vinegar* (white wine or rice wine)	drizzle	drizzle
mayonnaise	1 medium packet	1 large packet
shredded Cheddar cheese	1 medium packet	1 large packet
cornflour	1 medium packet	2 medium packets
plain flour*	2 tbs	¼ cup
Korean stir-fry sauce	1 medium packet	1 large packet
Asian slaw mix	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet
crispy shallots	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3984kJ (952Cal)	677kJ (162Cal)
Protein (g)	43.1g	7.3g
Fat, total (g)	57.7g	9.8g
- saturated (g)	14.7g	2.5g
Carbohydrate (g)	69.8g	11.9g
- sugars (g)	23.1g	3.9g
Sodium (mg)	1536mg	261mg
Dietary Fibre (g)	6.4g	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 Make the peanut rice

- In a medium saucepan, add the **water** and bring to the boil over high heat.
- 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**.
- When the rice is done, stir through **crushed peanuts**. Season to taste. Cover to keep warm and set aside.

TIP: The rice will finish cooking in its own steam so don't peek!



4 Cook the chicken

- Heat a large frying pan over medium-high heat with enough **olive oil** to cover the base.
- To the bowl with **chicken**, add **cornflour** and the **plain flour** and toss to coat.
- When oil is hot, dust off any excess **flour** from **chicken**, then cook **chicken** in batches, tossing occasionally, until browned and cooked through, **5-6 minutes**. Transfer to a medium bowl.
- Add **Korean stir-fry sauce**, toss **chicken** to coat.

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



2 Get prepped

- Meanwhile, preheat the grill to high.
- Thinly slice **spring onion** and **apple**.
- Drain **sweetcorn**.
- Cut **chicken thigh** into 2cm chunks.
- In a medium bowl, combine **chicken**, **ginger paste**, a generous pinch of **salt** and a drizzle of **vinegar**. Set aside.



5 Toss the slaw

- While the chicken is cooking, combine **apple**, **Asian slaw mix** and **garlic aioli** in a second medium bowl, toss to coat. Season to taste.



3 Make the cheesy corn

- In a baking dish, combine **sweetcorn**, **mayonnaise**, half the **spring onion** and a pinch of **sugar**.
- Season with **salt** and **pepper**, then sprinkle over **shredded Cheddar cheese**. Grill until the cheese has melted, **7-8 minutes**.



6 Serve up

- Bring everything to the table to serve. Top cheesy corn with remaining spring onion.
- Help yourself to sticky Korean popcorn chicken, cheesy corn, Asian apple slaw and peanut rice.
- Garnish slaw with **crispy shallots** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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