



Quick Asian Crispy Honey-Soy Chicken Bites

with Jasmine Rice & Creamy Corn Slaw

KID FRIENDLY

Grab your meal kit with this number

43



Jasmine Rice



Carrot



Sweetcorn



Chicken Breast



Garlic Paste



Cornflour



Honey-Soy Sauce



Shredded Cabbage Mix



Garlic Aioli



Chicken Breast



Chicken Thigh

Prep in: 10-20 mins
Ready in: 20-30 mins

Calorie Smart

Protein Rich

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!

Pantry items

Olive Oil, Plain Flour, Vinegar (White Wine Or Rice Wine), Sesame Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 medium packet
cornflour	1 packet	2 packets
plain flour*	1 tbs	2 tbs
honey-soy sauce	1 medium packet	1 large packet
water* (for the sauce)	¼ cup	½ cup
vinegar* (white wine or rice wine)	drizzle	drizzle
shredded cabbage mix	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet
sesame oil*	1 tsp	2 tsp

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2579kJ (616Cal)	479kJ (114Cal)
Protein (g)	44.9g	8.3g
Fat, total (g)	17.6g	3.3g
- saturated (g)	2.4g	0.4g
Carbohydrate (g)	67.8g	12.6g
- sugars (g)	25.1g	4.7g
Sodium (mg)	1345mg	250mg
Dietary Fibre (g)	4.9g	0.9g

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.

We're here to help!

Scan here if you have any questions or concerns

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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 medium-high heat with enough **olive oil** to cover the base. When oil is hot, dust off any excess flour from **chicken**, then cook, tossing occasionally, until browned and cooked enough, **5-6 minutes**. Transfer to a paper towel-lined plate.
- Wipe out the pan, then return to medium heat. Add **honey-soy sauce**, **water (for the sauce)** and a drizzle of **vinegar**. Stir until slightly reduced, **2-4 minutes**. Return **chicken** to the pan and toss to coat.

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

CUSTOM
OPTIONS



DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN THIGH

Follow method above.

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.
- Add **cornflour** and the **plain flour** to the **chicken** and toss to coat.

4



Serve up

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

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

