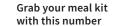


Quick Asian Crispy Honey-Soy Chicken Bites with Jasmine Rice & Creamy Corn Slaw

KID FRIENDLY













Sweetcorn





Garlic Paste







Honey-Soy

Shredded Cabbage



Garlic Aioli

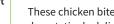




Prep in: 10-20 mins Ready in: 20-30 mins

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!

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

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	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)	1/4 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.

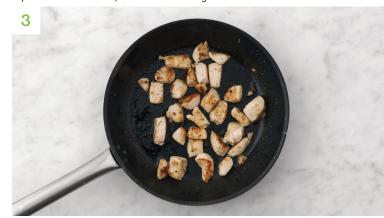
Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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 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.



- 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.



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!

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



