

American Popcorn Chicken

with Smokey Aioli



Chicken Thigh



All-American
Spice Blend



Cornflour



Smokey Aioli

Prep in: **10-20** mins
Ready in: **15-25** mins

 Eat Me Early

Crispy nuggets of popcorn chicken are always a fan favourite. Crunchy and golden on the outside, juicy and tender on the inside, does it get much better? Maybe with a smoky aioli dip it can!

Pantry items

Olive Oil, Plain Flour

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.

You will need

Large frying pan

Ingredients

	2 People
olive oil*	refer to method
chicken thigh	1 packet
All-American spice blend	1 medium sachet
cornflour	1 medium packet
plain flour*	1 tbs
smokey aioli	1 medium packet

* **Pantry Items**

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1663kJ (397cal)	401kJ (96cal)
Protein (g)	29.3g	7.1g
Fat, total (g)	28.6g	6.9g
- saturated (g)	5.6g	1.3g
Carbohydrate (g)	14.6g	3.5g
- sugars (g)	4g	1g
Sodium (mg)	897mg	216.1mg
Dietary Fibre (g)	0.8g	0.2g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

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

1



Prep the chicken

- Cut **chicken thigh** into 2cm chunks.

3



Fry the chicken

- Heat a large frying pan over high heat with enough **olive oil** to coat the base of the pan.
- When oil is hot, dust off any excess **flour** from **chicken**, then cook, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- Transfer to a paper towel-lined plate.

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

2



Coat the chicken

- In a medium bowl, combine **chicken**, **All-American spice blend**, half a tablespoon of **olive oil** and a pinch of **salt** and **pepper**.
- Add **cornflour** and the **plain flour** and toss to coat.

4



Serve up

- Plate up American popcorn chicken.
- Serve with **smokey aioli**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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