



Korean-Style Sesame Chicken

with Charred Corn Slaw & Sriracha Mayo

SUMMER SALADS

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Pear



Sweetcorn



Chicken Breast



Korean Stir-Fry Sauce



Shredded Cabbage Mix



Ponzu Sauce



Sriracha



Mayonnaise



Chicken Breast

Prep in: 20-30 mins
Ready in: 30-40 mins



Carb Smart*
**Custom Recipe is not Carb Smart*

Eat Me Early

Our eyes are wide open with anticipation for richly sauced chicken, it's simply irresistible. In a bowl of charred corn slaw with ponzu sauce it's sure to make your jaw drop, and don't get us started on the sriracha mayo. In fact, let's dive right in and enjoy!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Sesame Oil, White Wine Vinegar

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
pear	1	2
sweetcorn	1 medium tin	1 large tin
chicken breast	1 small packet	2 small packets OR 1 large packet
sesame oil*	2 tsp	4 tsp
Korean stir-fry sauce	1 medium packet	1 large packet
shredded cabbage mix	1 medium packet	1 large packet
ponzu sauce	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
sriracha	1 medium packet	1 large packet
mayonnaise	½ medium packet	1 medium packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2377kJ (568Cal)	448kJ (107Cal)
Protein (g)	38.6g	7.3g
Fat, total (g)	29.2g	5.5g
- saturated (g)	5.2g	1g
Carbohydrate (g)	35.6g	6.7g
- sugars (g)	25.2g	4.7g
Sodium (mg)	1667mg	314mg
Dietary Fibre (g)	7.9g	1.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3122kJ (746Cal)	452kJ (108Cal)
Protein (g)	71.7g	10.4g
Fat, total (g)	34.5g	5g
- saturated (g)	6.7g	1g
Carbohydrate (g)	36.4g	5.3g
- sugars (g)	25.3g	3.7g
Sodium (mg)	1766mg	256mg

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



2024 | CW09



Get prepped

- Grate **carrot**. Thinly slice **pear**. Drain **sweetcorn**. Cut **chicken breast** into 2cm chunks.
- In a medium bowl, combine the **sesame oil** and a generous pinch of **salt** and **pepper**. Add **chicken** and toss to coat. Set aside.
- Heat a large frying pan over medium-high heat. Cook **sweetcorn**, tossing, 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 chicken in a large bowl.



Toss the slaw

- Meanwhile, add **shredded cabbage mix** to the **charred corn**, along with **pear**, **carrot**, **ponzu sauce** and a drizzle of **white wine vinegar** and **olive oil**. Toss to combine. Season with **salt** and **pepper** and set aside.
- In a small bowl, combine **sriracha**, **mayonnaise (see ingredients)** and a dash of **water**. Season to taste.



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, **5-6 minutes**.
- Add **Korean stir-fry sauce** and cook, stirring, until coated and heated through, **1 minute**.

Custom Recipe: Cook chicken in batches for best results. Return all chicken to pan and continue with recipe.



Serve up

- Divide charred corn slaw between bowls. Top with Korean-style sesame chicken.
- Drizzle with sriracha mayo to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

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