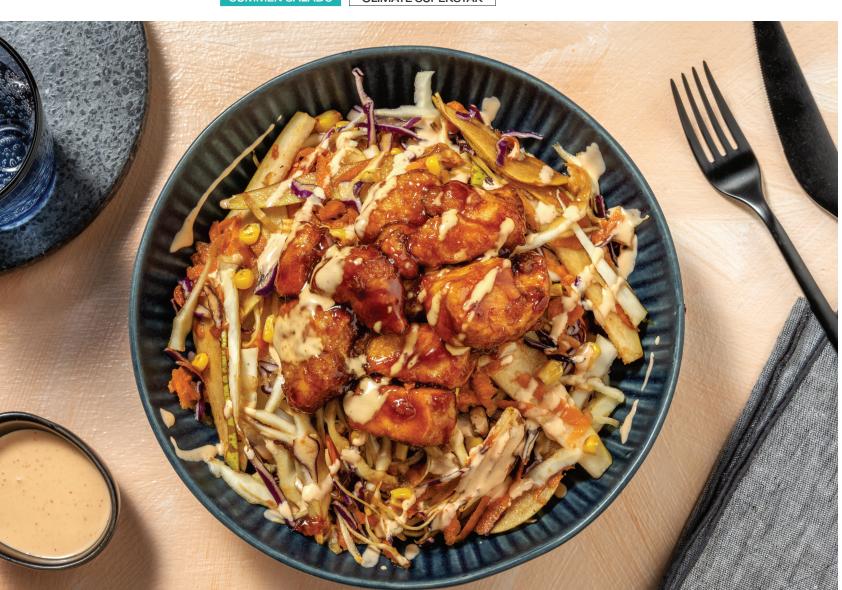
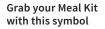


Korean-Style Sesame Chicken with Charred Corn Slaw & Sriracha Mayo

SUMMER SALADS

CLIMATE SUPERSTAR

















Sweetcorn





Korean Stir-Fry



Sauce





Ponzu Sauce

Mayonnaise



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

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!



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

9				
	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 Recine		

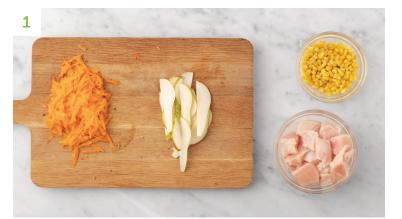
Avg Qty	Per Serving	Per 100g
Energy (kJ)	3122kJ (746Cal)	452kJ (108Cal)
Protein (g)	71.7g	10.4g
Fat, total (g)	34.5g	5g
- saturated (g)	6.7g	1g
Carbohydrate (g)	36.4g	5.3g
- sugars (g)	25.3g	3.7g
Sodium (mg)	1766mg	256mg

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.



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

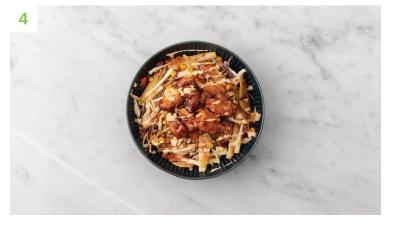
- Meanwhile, add shredded cabbage mix to the charred corn, along with pear, carrot, ponzu sauce and a drizzle of white wine vinegar and olive oil. Toss to combine. Season with salt and pepper and set aside.
- In a small bowl, combine sriracha, mayonnaise (see ingredients) and a
 dash of water. Season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



Scan here if you have any questions or concerns



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