

Korean-Style Sticky Chicken & Capsicum Slaw

with Sriracha Mayo

SUMMER SALADS

Grab your Meal Kit with this symbol



Garlic



Celery



Capsicum



Sweetcorn



Baby Leaves



Chicken Thigh



Korean Stir-Fry Sauce



Slaw Mix



Sriracha





Mayonnaise

Recipe Update

Due to local availability, we've replaced some of your ingredients. They may be a little different to what's pictured, but just as delicious!

Prep in: 25-35 mins
Ready in: 35-45 mins

 Carb Smart

 Eat Me Early

Our eyes are wide open with anticipation for sticky and richly sauced chicken, it's simply irresistible. In a bowl of charred corn and capsicum slaw 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!

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine)

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
garlic	2 cloves	4 cloves
celery	1 stalk	2 stalks
capsicum	1	2
sweetcorn	½ large tin	1 large tin
baby leaves	1 small packet	1 medium packet
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
Korean stir-fry sauce	1 medium packet	1 large packet
slaw mix	1 medium packet	1 large packet
vinegar* (white wine or rice wine)	drizzle	drizzle
sriracha	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2151kJ (514Cal)	488kJ (117Cal)
Protein (g)	33.5g	7.6g
Fat, total (g)	36.1g	8.2g
- saturated (g)	7.3g	1.7g
Carbohydrate (g)	22.4g	5.1g
- sugars (g)	15g	3.4g
Sodium (mg)	1365mg	310mg
Dietary Fibre (g)	6g	1.2g

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

- Finely chop **garlic**. Thinly slice **celery** and **capsicum**. Drain **sweetcorn** (see ingredients). Roughly chop **baby leaves**. Cut **chicken thigh** into 2cm chunks.
- In a medium bowl, combine **chicken**, **garlic**, a generous pinch of **salt** and a drizzle of **olive oil**. Set aside.



Add the sauce

- Reduce the heat to medium, then add **Korean stir-fry sauce** and cook, stirring, until chicken is coated and sauce is heated through, **1 minute**.



Char the corn & capsicum

- Heat a large frying pan over medium-high heat. Cook **sweetcorn** and **capsicum**, 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.



Toss the slaw

- Meanwhile, add **slaw mix** to the **charred corn** and **capsicum**, along with **celery**, **baby leaves** and a drizzle of **vinegar** and **olive oil**. Season with **salt** and **pepper**.
- In a small bowl, combine **sriracha**, **mayonnaise** 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, until browned and cooked through, **5-6 minutes**.



Serve up

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

We're here to help!

Scan here if you have any questions or concerns



2024 | CW11

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate