



Korean Fried Chicken

with Charred Corn Slaw & Sriracha Mayonnaise

Grab your Meal Kit with this symbol



Garlic



Sweetcorn



Baby Spinach Leaves



Diced Chicken



Mixed Sesame Seeds



Cornflour



Korean Stir-Fry Sauce



Slaw Mix



Sriracha



Mayonnaise

Hands-on: 25-35 mins
Ready in: 30-40 mins

Eat Me Early

Carb Smart

Korean cuisine isn't shy about using big, bold, and outrageous flavours. Tonight's dish is no exception. It takes a cue from the Asian nation's famed version of fried chicken, using a sweet, spicy, and savoury sauce to give them major personality. To complete the vibrant array on this plate, we're adding a crisp slaw salad and a drizzle of creamy mayo.

Pantry items

Olive Oil, Plain Flour, Rice Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
sweetcorn	½ tin	1 tin
baby spinach leaves	1 bag (30g)	1 bag (60g)
diced chicken	1 packet	1 packet
mixed sesame seeds	1 sachet	1 sachet
cornflour	1 packet	2 packets
plain flour*	1 tbs	2 tbs
Korean stir-fry sauce	1 medium packet	1 large packet
slaw mix	1 bag (150g)	1 bag (300g)
rice wine vinegar*	drizzle	drizzle
sriracha	1 packet (20g)	1 packet (40g)
mayonnaise	1 packet (40g)	1 packet (80g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2227kJ (532Cal)	537kJ (128Cal)
Protein (g)	40.5g	9.8g
Fat, total (g)	24.5g	5.9g
- saturated (g)	3.8g	0.9g
Carbohydrate (g)	34.6g	8.3g
- sugars (g)	14g	3.4g
Sodium (mg)	1268mg	306mg
Dietary Fibre (g)	5.8g	1.4g

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](https://www.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 the **garlic**. Drain the **sweetcorn** (see ingredients). Roughly chop the **baby spinach leaves**. In a medium bowl, combine the **diced chicken**, **garlic**, a generous pinch of **salt** and a drizzle of **olive oil**. Set aside.



Add the sauce

Wipe out the frying pan, then return to a medium heat. Add the **Korean stir-fry sauce**, then return the **chicken** and cook, tossing, until coated, **1 minute**.



Char the corn

Heat a large frying pan over a medium-high heat. Toast the **mixed sesame seeds**, tossing, until golden, **3-4 minutes**. Transfer to a small bowl. Return the frying pan to a high heat. Cook the **sweetcorn** 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

While the chicken is cooking, add the **baby spinach**, **slaw mix** and a drizzle of **rice wine vinegar** and **olive oil** to the charred **corn**. Season and set aside. In a small bowl, combine the **sriracha**, **mayonnaise** and a dash of **water**. Season to taste.



Cook the chicken

Add the **cornflour** and **plain flour** to the **chicken** and toss to coat. Return the frying pan to a medium-high heat with enough **olive oil** to cover the base. When the oil is hot, dust off any excess **cornflour** from the **chicken**, then cook, tossing occasionally, until browned and cooked through, **4-5 minutes**. Transfer to a plate lined with paper towel.



Serve up

Divide the charred corn slaw and Korean fried chicken between bowls. Sprinkle over the toasted sesame seeds. Drizzle with the sriracha mayo to serve.

Enjoy!