



Cal Smart Spicy Chicken Bites

with Carrot and Green Onion Slaw

Calorie Smart

Spicy

Quick

25 Minutes



Chicken Breasts



Green Cabbage, shredded



Carrot



Basmati Rice



Green Onions



Honey



Chili Garlic Sauce



Soy Sauce



Rice Vinegar



Garlic Salt

HELLO HONEY

A naturally sweet ingredient that's a great sugar alternative!

Start here

Before starting, wash and dry all produce.

Bust out

Vegetable peeler, measuring spoons, box grater, medium pot, large bowl, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Green Cabbage, shredded	113 g	226 g
Carrot	170 g	340 g
Basmati Rice	¾ cup	1 ½ cups
Green Onions	2	4
Honey	1 tbsp	2 tbsp
Chili Garlic Sauce 🍷	1 tbsp	2 tbsp
Soy Sauce	½ tbsp	1 tbsp
Rice Vinegar	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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1 Prep

Add **1 ¼ cups water** (dbl for 4 ppl) and **half the garlic salt** to a medium pot. Cover and bring to a boil over high heat. While **water** comes to a boil, peel, then grate **carrot**. Thinly slice **green onions**.



2 Cook rice

Once boiling, add **rice** to the **boiling water**, then stir to combine. Reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.



3 Make slaw

While **rice** cooks, add **vinegar**, **half the honey** and **2 tsp oil** (dbl for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then whisk to combine. Add **carrots**, **cabbage** and **half the green onions**, then toss to combine.



4 Prep chicken

Pat **chicken** dry with paper towels, then cut into 1-inch pieces. Season with **remaining garlic salt** and **pepper**.



5 Cook chicken

Heat a large-non stick pan over medium heat. When hot, add **1 tsp oil** (dbl for 4 ppl), then **chicken**. Cook, flipping occasionally, until golden-brown and cooked through, 7-9 min.** Remove the pan from heat. Drizzle **soy sauce** and **remaining honey** over top. Toss to coat.



6 Finish and serve

Fluff **rice** with a fork, then stir in **remaining green onions**. Divide **rice** between plates. Top with **chicken** and any **sauce** from the pan. Drizzle **chili garlic sauce** over top. Serve **slaw** alongside.

Dinner Solved!