



# Cheesy Korean Style Chicken Bites

with Hot Honey Sauce and Cheddar Cheese

Special Sides 30-35 Minutes • Medium Spice

7A

Find all your unchilled Market items in bag A.



Mayonnaise



Breadcrumbs



British Chicken Breasts



Gochujang Paste



Honey



Mature Cheddar Cheese

**Pantry Items**

Oil, Salt, Pepper, Butter

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

## Cooking tools

Bowl, baking tray, saucepan and grater.

## Ingredients

Ingredients	Quantity
Mayonnaise <b>8</b> <b>9</b>	32g
Breadcrumbs <b>13</b>	50g
British Chicken Breasts**	2
Gochujang Paste <b>11</b>	30g
Honey	15g
Mature Cheddar Cheese** <b>7</b>	60g

Pantry	Quantity
Oil for the Breadcrumbs*	2 tbsp
Butter*	20g
Water for the Sauce*	50ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	297g	100g
Energy (kJ/kcal)	2654 /634	895 /214
Fat (g)	35.0	11.8
Sat. Fat (g)	14.4	4.8
Carbohydrate (g)	32.3	10.9
Sugars (g)	10.3	3.5
Protein (g)	49.5	16.7
Salt (g)	2.76	0.93

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7**) Milk **8**) Egg **9**) Mustard **11**) Soya **13**) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

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1



2



3



## Bring on the Breadcrumbs

**a)** Preheat your oven to 220°C/200°C fan/gas mark 7.

**b)** Pop the **mayonnaise** into a medium bowl. In a separate medium bowl, combine the **breadcrumbs** and the **oil for the breadcrumbs** (see pantry for amount).

**c)** Cut each **chicken breast** into 3cm chunks. Add to the bowl of **mayo**, season with **salt** and **pepper**, then mix to coat well. Dip the **chicken** into the **breadcrumbs**, ensuring the **chunks** completely coated, then transfer to a baking tray.

## Make the Gochujang Honey Sauce

**a)** Once the oven is hot, bake the **chicken bites** on the top shelf until slightly golden and cooked through, 20-25 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

**b)** Meanwhile, combine in a medium saucepan on medium heat the **gochujang paste** (add less if you prefer things milder) and **honey** with the **butter** and **water for the sauce** (see pantry for both amounts). **TIP:** If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.

**c)** Heat until melted, stirring, then cover to keep warm and set aside.

## Finish and Serve

**a)** Grate the **cheese**.

**b)** When the **chicken bites** have 5 mins remaining in the oven, remove the tray, sprinkle over the **cheese**, then return to the top shelf until the **cheese** is melted and lightly golden, 5 mins.

**c)** Once the **chicken bites** are cooked, place them on your serving plate.

**d)** Serve the **hot honey sauce** in a bowl on the side for dipping.

Enjoy!