

# Garlicky Chicken Bites

with Roasted Broccoli and Cauliflower and Aioli

**hellóchef**

In this recipe you'll make delicious chicken bites and toss them in garlic before serving them with roasted broccoli and cauliflower.

Cals 587 • Prot 56 • Carbs 43 • Fat 23

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🕒 cook: 40 min

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Chicken bites	2 ppl	3 ppl	4 ppl	
Chicken breast	400	600	800	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Corn starch	30	60	60	Grams
Garlic paste	10	15	20	Grams
Ketchup	8	16	16	Grams
Soy sauce 9*, 10*, 11*	10	20	20	ML
Honey	15	15	30	Grams
Broccoli				
Broccoli	300	450	600	Grams
Cauliflower	300	400	600	Grams
Olive oil	2	3	4	Tbsp
Salt	0.5	1	1	Tsp
Dip				
Garlic cloves	1	1	1	Piece
Mayonnaise 5*, 9*, 13*	50	75	100	Grams
Lemon	1	1	1	Piece
Salt	0.5	0.5	1	Tsp

Allergens

\*9 Soya, \*10 Wheat, \*11 Gluten, \*5 Eggs, \*13 Mustard

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2453 / 587
Fat (g)	23.1
of which saturates (g)	4.1
Carbohydrate (g)	43
of which sugars (g)	12.8
Fiber (g)	10.2
Protein (g)	56.4
Salt (g)	2.5

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Roast vegetables

Preheat the oven to 200°C/180°C fan. Chop the **broccoli** and **cauliflower** into small florets. Add the **cauliflower** to a lined baking tray. Drizzle with **oil** and sprinkle with **salt**. Roast for 10 min. After 10 min, add the **broccoli** to the tray with another drizzle of **oil** and roast for 20 min further until tender and starting to char.



2 Prep chicken

Meanwhile, chop the **chicken** into bite-sized pieces and add it to a bowl. Add the **corn starch** with a pinch of **salt** and toss until coated.



3 Fry chicken

Heat a large pan over a medium-high heat with a drizzle of **oil**. Add the coated **chicken** and cook for 5-6 min or until crispy and cooked through.



4 Make aioli

Meanwhile, peel and mince the **garlic**. In a bowl, combine the **mayonnaise**, {0.5/0.5/1} minced **garlic** clove and a squeeze of **lemon** juice with a pinch of **salt**. This is your **aioli**.

**Tip!** Don't add the raw garlic to the aioli if you find the taste too punchy.



5 Toss chicken

Reduce the heat to medium. Add the **garlic paste**, **ketchup**, **soy sauce**, **honey** and a splash of water to the **chicken**. Cook for 2 min. Keep covered until serving.

**Tip!** Timing is everything! Begin this step when the broccoli and cauliflower are done roasting.



6 Serve

Serve the **chicken bites** with the roasted **broccoli** and **cauliflower** and **aioli** alongside.