



# Teriyaki-Glazed Chicken & Roast Pumpkin Salad

with Pickled Onion & Crispy Shallots

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Beetroot



Peeled Pumpkin Pieces



Onion



Chicken Breast



Teriyaki Sauce



Radish



Deluxe Salad Mix



Crispy Shallots



Chicken Breast

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



Carb Smart\*

\*Custom Recipe is not Carb Smart



Eat Me Early

Enjoy this sweet and savoury glazed chicken with umami-rich teriyaki sauce for an easy meal that doesn't skimp on flavour! With colourful roasted veggies and crunchy shallots, it's a family-friendly meal that will have everyone satisfied.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Rice Wine Vinegar, Brown Sugar, Soy Sauce

## 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
beetroot	1	2
peeled pumpkin pieces	1 bag (400g)	1 bag (800g)
onion	1 (medium)	1 (large)
<b>rice wine vinegar*</b>	3 tbs	½ cup
chicken breast	1 packet	1 packet
teriyaki sauce	1 packet (65g)	1 packet (130g)
<b>brown sugar*</b>	1 tsp	2 tsp
<b>soy sauce*</b>	½ tbs	1 tbs
radish	2	3
deluxe salad mix	1 medium bag	1 large bag
crispy shallots	1 medium packet	1 large packet
chicken breast**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2005kJ (479Cal)	344kJ (82Cal)
Protein (g)	38.7g	6.6g
Fat, total (g)	17g	2.9g
- saturated (g)	4.3g	0.7g
Carbohydrate (g)	39.9g	6.8g
- sugars (g)	28.3g	4.9g
Sodium (mg)	755mg	129mg
Dietary Fibre (g)	7.2g	1.2g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2765kJ (661Cal)	372kJ (89Cal)
Protein (g)	71.2g	9.6g
Fat, total (g)	22.6g	3g
- saturated (g)	6g	0.8g
Carbohydrate (g)	39.9g	5.4g
- sugars (g)	28.3g	3.8g
Sodium (mg)	854mg	115mg

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://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

2023 | CW25



## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **beetroot** into small chunks.
- Place **beetroot** and **peeled pumpkin pieces** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to combine.
- Spread out evenly, then roast until tender, **20-25 minutes**. Set aside to cool slightly.



## Make it saucy

- Meanwhile, combine **teriyaki sauce**, the **brown sugar**, **soy sauce** and a splash of **water** in a small bowl.
- Remove frying pan from heat, then add **teriyaki sauce mixture** and turn **chicken** to coat.



## Pickle the onion

- Meanwhile, thinly slice **onion**. In a small bowl, combine the **rice wine vinegar** and a good pinch of **sugar** and **salt**.
- Scrunch **onion** in your hands, then add to the **pickling liquid**. Stir to coat and set aside.



## Make the salad

- Thinly slice **radish**.
- Drain **pickled onion**, reserving a splash of the **pickling liquid**.
- In a large bowl, combine **deluxe salad mix**, **radish**, **roasted veggies**, **pickled onion**, the reserved **pickling liquid** and a drizzle of **olive oil**. Season to taste.



## Cook the chicken

- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).

**TIP:** Chicken is cooked through when it's no longer pink inside.

**Custom Recipe:** If you've doubled your chicken breast, heat the pan as above and cook chicken in batches for best results.



## Serve up

- Slice teriyaki chicken.
- Divide roast pumpkin salad between bowls and top with teriyaki chicken.
- Drizzle over any remaining teriyaki sauce. Garnish with **crispy shallots** to serve. Enjoy!

## Rate your recipe

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