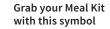


Sweet-Soy & Sticky Plum Chicken

with Golden Roast Veggies & Creamy Slaw

KID FRIENDLY













Boneless Chicken



Drumsticks



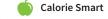
Shredded Cabbage





Prep in: 25-35 mins Ready in: 30-40 mins

Eat Me Early



Sometimes it's too hard to wait for something sweet, so we've come up with a plan. Satisfy those cravings with a plum sauce to make a sticky coating for seared chicken. A creamy slaw will help to elevate things, not to mention the roasted veggies. Enjoy pleasing your tastebuds!

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine)

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

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
carrot	1	2		
potato	2	4		
celery	1 stalk	2 stalks		
sweet soy seasoning	½ sachet	1 sachet		
boneless chicken drumsticks	1 packet	1 packet		
plum sauce	1 medium packet	2 medium packets		
shredded cabbage mix	1 bag (150g)	1 bag (300g)		
mayonnaise	1 medium packet	1 large packet		
vinegar* (white wine or rice wine)	drizzle	drizzle		
chicken breast**	1 packet	1 packet		
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^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2214kJ (529Cal)	367kJ (88Cal)
Protein (g)	36g	6g
Fat, total (g)	17.4g	2.9g
- saturated (g)	3.5g	0.6g
Carbohydrate (g)	55.1g	9.1g
- sugars (g)	29.1g	4.8g
Sodium (mg)	814mg	135mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2229kJ (533Cal)	369kJ (88Cal)
Protein (g)	39.6g	6.6g
Fat, total (g)	16.5g	2.7g
- saturated (g)	3.3g	0.5g
Carbohydrate (g)	55.1g	9.1g
- sugars (g)	29.1g	4.8g
Sodium (mg)	778mg	129mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Scan here if you have any questions or concerns

2023 | CW28



Get prepped

- Preheat oven to 240°C/220°C fan-forced.
- Cut **carrot** and **potato** into bite-sized chunks. Thinly slice **celery**.



Roast the veggies

- Place carrot and potato on a lined oven tray.
 Drizzle with olive oil and season with salt and pepper. Toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide between two trays.

Little cooks: Kids can help toss the veggies.



Flavour the chicken

 In a medium bowl, combine sweet soy seasoning (see ingredients) and a drizzle of olive oil. Add boneless chicken drumsticks and turn to coat.

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Continue with step.



Cook the chicken

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken, turning occasionally, until browned and cooked through, 14-16 minutes.
- Remove pan from heat, then add plum sauce, turning chicken to coat.

TIP: The marinade will darken and caramelise, this adds to the flavour!

TIP: The chicken is cooked through when it's no longer pink inside.

Custom Recipe: When the veggies have 10 minutes cook time remaining, heat the pan as above. Cook chicken until cooked through, 3-5 minutes each side. Continue with step.



Make the slaw

 Meanwhile, combine shredded cabbage mix, celery, mayonnaise and a drizzle of vinegar in a large bowl. Season to taste.

Little cooks: *Kids can help combine all the ingredients for the slaw.*



Serve up

- Slice sweet-soy and sticky plum chicken.
- Divide chicken, roasted veggies and creamy slaw between bowls.
- Spoon over any remaining marinade from the pan to serve. Enjoy!



Did we make your tastebuds happy?
Let our culinary team know: hellofresh.co.nz/rate