



Sweet-Soy & Sticky Plum Chicken

with Golden Roast Veggies & Creamy Slaw

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Potato



Celery



Sweet Soy Seasoning



Boneless Chicken Drumsticks



Plum Sauce



Shredded Cabbage Mix



Mayonnaise



Chicken Breast

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

Calorie Smart

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!

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

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

	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

*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.

We're here to help!

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**.



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 caramelize, 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.



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.



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.



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.



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!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate