



Golden Honey-Glazed Chicken & Roast Veggies

with Apple Slaw & Garlic-Peppercorn Hollandaise

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Carrot



Potato



Apple



Garlic



Chicken Breast



Aussie Spice Blend



Black Peppercorns



Hollandaise

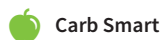


Shredded Cabbage Mix



Gemfish Fillets

Prep in: 20-30 mins
Ready in: 30-40 mins



Carb Smart

Eat Me First

Golden and glowing, that's how we like our chicken and the combination of our Aussie spice blend and honey coating doesn't disappoint. The roasted potato and carrot shine just as bright on the plate, perfect for dipping in a peppery garlic hollandaise. Dig in and enjoy, we know you will love it!

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

Pantry items

Olive Oil, Honey, White Wine Vinegar

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	1	2
apple	½	1
garlic	2 cloves	4 cloves
chicken breast	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
black peppercorns	½ sachet	1 sachet
hollandaise	1 packet	2 packets
honey*	1 tsp	2 tsp
shredded cabbage mix	1 bag (150g)	1 bag (300g)
white wine vinegar*	drizzle	drizzle
gemfish fillets**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1807kJ (432Cal)	360kJ (86Cal)
Protein (g)	38.3g	7.6g
Fat, total (g)	15.7g	3.1g
- saturated (g)	2.8g	0.6g
Carbohydrate (g)	34.3g	6.8g
- sugars (g)	17.8g	3.5g
Sodium (mg)	822mg	164mg
Dietary Fibre (g)	8.2g	1.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1906kJ (456Cal)	394kJ (94Cal)
Protein (g)	33.2g	6.9g
Fat, total (g)	20.3g	13g
- saturated (g)	3.3g	0.7g
Carbohydrate (g)	34.4g	7.1g
- sugars (g)	18.2g	3.8g
Sodium (mg)	801mg	166mg
Dietary fibre	8.2g	1.7g

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 | CW32



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** and **potato** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.

2



Get prepped

- Meanwhile, slice **apple** into thin sticks. Finely chop **garlic**.
- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **Aussie spice blend**, a drizzle of **olive oil** and a pinch of **pepper**. Add **chicken** and turn to coat.

Custom Recipe: If you've swapped to gemfish fillets, discard any liquid from fish packaging. Slice fish in half crossways to get 1 piece per person. Season fish as above, gently turning fish to coat.

3



Make the hollandaise

- Lightly crush **black peppercorns** (see **ingredients**) with a pestle and mortar or in their sachet using a rolling pin.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **garlic** until fragrant, **1 minute**.
- Transfer **garlic oil** to a small bowl, then add **hollandaise** and crushed **peppercorns** and stir to combine. Season to taste and set aside.

4



Cook the chicken

- When the veggies have **10 minutes** remaining, wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **chicken** until cooked through, **3-5 minutes** each side.
- Remove pan from heat, then add the **honey** and gently turn **chicken** to coat.

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

Custom Recipe: In a large frying pan, heat a generous drizzle of olive oil over medium-high heat. When oil is hot, cook fish in batches until just cooked through, 5-6 minutes each side. Continue with step, gently turning fish to coat in the honey.

5



Toss the slaw

- While the chicken is cooking, combine **shredded cabbage mix**, **apple** and a drizzle of **white wine vinegar** and **olive oil** in a large bowl. Season to taste.

6



Serve up

- Slice golden chicken.
- Divide roasted veggies and apple slaw between plates. Top with honey-glazed chicken.
- Serve with garlic-peppercorn hollandaise. Enjoy!

Rate your recipe

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