



# Easy Sweet Soy-Glazed Chicken & Pear Slaw with Roast Potato Chunks

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Chicken Breast



Sweet Soy Seasoning



Sweet Chilli Sauce



Pear



Slaw Mix



Mayonnaise



Parsley



Chicken Breast

### Recipe Update

Unfortunately, this week's celery was in short supply, so we've replaced it with pear. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 15-25 mins  
Ready in: 25-35 mins



Calorie Smart\*

\*Custom Recipe is not Calorie Smart



Eat Me Early

Sweet chilli sauce can be found on so many things, but we're sure it will be a real standout with this tender chicken. Enjoy the pops of flavour and the roasted potato with this winning dinner.

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

### Pantry items

Olive Oil, Soy Sauce, Sesame 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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
chicken breast	1 small packet	2 small packets OR 1 large packet
sweet soy seasoning	1 sachet	2 sachets
sweet chilli sauce	1 small packet	1 medium packet
<b>soy sauce*</b>	1 tsp	2 tsp
pear	1	2
slaw mix	1 bag (150g)	1 bag (300g)
mayonnaise	1 medium packet	1 large packet
<b>sesame oil*</b>	1 tsp	2 tsp
<b>vinegar*</b> (white wine or rice wine)	drizzle	drizzle
parsley	1 bag	1 bag
chicken breast**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2143kJ (512Cal)	412kJ (98Cal)
Protein (g)	39.3g	7.6g
Fat, total (g)	20.1g	3.9g
- saturated (g)	3.5g	0.7g
Carbohydrate (g)	50.4g	9.7g
- sugars (g)	24.4g	4.7g
Sodium (mg)	1246mg	240mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2888kJ (690Cal)	425kJ (102Cal)
Protein (g)	72.4g	10.6g
Fat, total (g)	25.4g	3.7g
- saturated (g)	5.1g	0.8g
Carbohydrate (g)	51.2g	7.5g
- sugars (g)	24.5g	3.6g
Sodium (mg)	1345mg	198mg

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

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1



## Roast the potato

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

3



## Make the slaw

- Meanwhile, thinly slice **pear**.
- In a second medium bowl, combine **slaw mix**, **pear**, **mayonnaise**, the **sesame oil** and a drizzle of **vinegar**. Season to taste.

**Little cooks:** Help toss the slaw.

2

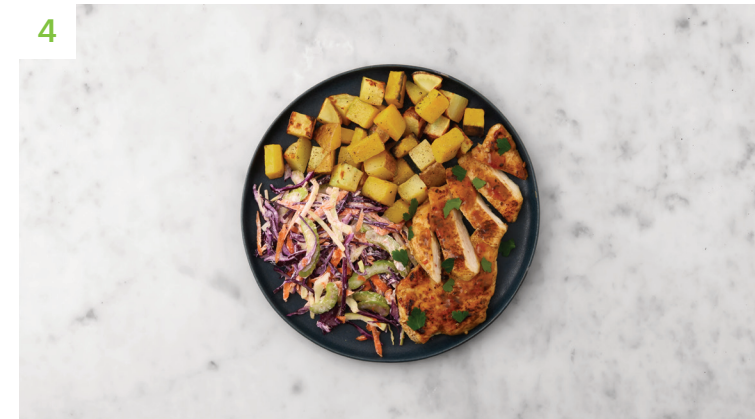


## Cook the chicken

- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **sweet soy seasoning** and a drizzle of **olive oil**. Add **chicken** and toss to coat.
- When the potato has **10 minutes** remaining, heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **chicken**, tossing occasionally, until browned and cooked through, **3-5 minutes** each side.
- Remove pan from heat, then add **sweet chilli sauce** and the **soy sauce**, turning **chicken** to coat.

**Custom Recipe:** If you've doubled your chicken breast, combine with seasoning in a large bowl. Cook chicken in batches for best results, then return all chicken to the pan before adding the sauce.

4



## Serve up

- Slice the chicken.
- Divide sweet soy-glazed chicken, pear slaw and roast potato chunks between plates.
- Tear over **parsley** leaves to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)