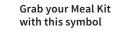


Sweet Chilli-Glazed Half Chicken

with Butter Rice & Asian Corn Slaw

READY TO COOK









Half Chicken



Seasoning





Sweetcorn

Microwavable Basmati







Asian Slaw

Mayonnaise



Sweet Chilli Sauce



Prep in: 5-15 mins Ready in: 1 hr - 1 hr 10 mins



Eat Me Early

Enjoy a home-cooked meal with minimal prep and fuss! Simply pop the pre-prepped ingredients in the oven to cook and quickly assemble for a delicious and wholesome dinner. Clear your schedule because you're going to need a few hours to savour the smokey flavours of an oven-roasted sweet chilli chicken.

Pantry items

Olive Oil, Butter, 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

Ingredients

2 People	4 People
refer to method	refer to method
1 packet	2 packets
1 sachet	2 sachets
1 tin	1 tin
1 packet	2 packets
20g	40g
1 bag (150g)	1 bag (300g)
1 medium packet	1 large packet
drizzle	drizzle
1 medium packet	1 large packet
	1 packet 1 sachet 1 tin 1 packet 20g 1 bag (150g) 1 medium packet drizzle

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3476kJ (831Cal)	490kJ (117Cal)
Protein (g)	59.3g	8.4g
Fat, total (g)	36.1g	5.1g
- saturated (g)	17.6g	2.5g
Carbohydrate (g)	64g	9g
- sugars (g)	24.1g	3.4g
Sodium (mg)	1295mg	183mg

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.



Roast the chicken

- Preheat oven to 240°C/220°C fan-forced. Place half chicken on a lined oven tray.
 Drizzle with olive oil, then season with a good pinch of salt and pepper.
- Roast until almost cooked through, 25-35 minutes.
- Meanwhile, combine sweet soy seasoning and a drizzle of olive oil in a small bowl.
 Remove chicken from oven and rub spice mixture all over. Roast for a further
 10-15 minutes.
- · Rest for 5-10 minutes.

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



Bring it all together

- While chicken is roasting, drain sweetcorn.
- Microwave rice until steaming, 2-3 minutes. Stir through the butter.
- In a medium bowl, combine Asian slaw mix, sweetcorn, mayonnaise and a drizzle of vinegar and olive oil. Season to taste.



Serve up

- Divide butter rice, Asian corn slaw and half chicken between plates.
- Top chicken with **sweet chilli sauce** to serve. Enjoy!

