



# Sweet Chilli-Glazed Half Chicken

with Butter Rice & Asian Corn Slaw

READY TO COOK

Grab your Meal Kit with this symbol



Half Chicken



Sweet Soy Seasoning



Sweetcorn



Microwavable Basmati Rice



Asian Slaw Mix



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 smoky 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
<b>olive oil*</b>	refer to method	refer to method
half chicken	1 packet	2 packets
sweet soy seasoning	1 sachet	2 sachets
sweetcorn	1 tin	1 tin
microwavable basmati rice	1 packet	2 packets
<b>butter*</b>	20g	40g
Asian slaw mix	1 bag (150g)	1 bag (300g)
mayonnaise	1 medium packet	1 large packet
<b>vinegar*</b> (white wine or rice wine)	drizzle	drizzle
sweet chilli sauce	1 medium packet	1 large packet

\*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](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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## 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.

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## 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.

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## Serve up

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

## Rate your recipe

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