



# Southeast Asian Chicken & Coconut Sauce

with Soy-Garlic Greens & Roast Pumpkin

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Peeled Pumpkin Pieces



Garlic



Green Beans



Asian Greens



Spring Onion



Southeast Asian Spice Blend



Chicken Breast



Ginger Paste



Coconut Milk



Chicken Breast



**Recipe Update**  
We've replaced the coriander in this recipe with spring onion due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 25-35 mins  
Ready in: 35-45 mins

Carb Smart

This simple yet stunning meal is sure to amaze and delight. It's the perfect combination of tender chicken with an aromatic ginger and coconut sauce and sweet roasted pumpkin.

Eat Me Early

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

### Pantry items

Olive Oil, Soy Sauce, Brown Sugar

## 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

Two oven trays lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
peeled pumpkin pieces	1 medium packet	1 large packet
garlic	3 cloves	6 cloves
green beans	1 small packet	1 medium packet
Asian greens	1 packet	2 packets
spring onion	1 stem	2 stems
Southeast Asian spice blend	1 medium sachet	1 large sachet
chicken breast	1 medium packet	2 medium packets OR 1 large packet
<b>soy sauce* (for the veggies)</b>	½ tbs	1 tbs
ginger paste	1 medium packet	1 large packet
coconut milk	1 medium packet	2 medium packets
<b>brown sugar*</b>	1 tsp	2 tsp
<b>soy sauce* (for the sauce)</b>	½ tbs	1 tbs
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1767kJ (422Cal)	272kJ (65Cal)
Protein (g)	47.9g	7.4g
Fat, total (g)	25.3g	3.9g
- saturated (g)	16.3g	2.5g
Carbohydrate (g)	26.2g	4g
- sugars (g)	15.6g	2.4g
Sodium (mg)	823mg	127mg
Dietary Fibre (g)	8.9g	1.4g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2538kJ (607Cal)	307kJ (73Cal)
Protein (g)	86.8g	10.5g
Fat, total (g)	28.6g	3.5g
- saturated (g)	17.3g	2.1g
Carbohydrate (g)	27.2g	3.3g
- sugars (g)	15.7g	1.9g
Sodium (mg)	958mg	116mg
Dietary fibre	8.9g	1.1g

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



## Roast the pumpkin

- Preheat oven to **220°C/200°C fan-forced**.
- Place **peeled pumpkin pieces** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **12-15 minutes**.



## Cook the veggies

- While the chicken is baking, wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**. Cook **green beans**, tossing until tender, **3-4 minutes**.
- Add **Asian greens** and half the **garlic** then cook, tossing, until just wilted, **1-2 minutes**.
- Add the **soy sauce (for the veggies)** and stir to combine. Transfer to a bowl.

**TIP:** Add a dash of water to help speed up the cooking process.



## Get prepped

- While the veggies are roasting, finely chop **garlic**. Trim **green beans**. Roughly chop **Asian greens**. Thinly slice **spring onion**.
- In a medium bowl, combine **Southeast Asian spice blend** and a drizzle of **olive oil**. Season, then add the **chicken breast** and a pinch of **salt**.

**Custom Recipe:** If you've doubled your chicken breast, flavour in a large bowl.



## Make the coconut sauce

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook remaining **garlic** and **ginger paste**, stirring, until fragrant, **1 minute**.
- Add **coconut milk**, the **brown sugar** and **soy sauce (for the sauce)**. Stir to combine and simmer until slightly reduced, **2-3 minutes**.



## Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook **chicken** until browned, **2 minutes** each side.
- Transfer the **chicken** to a second lined oven tray and bake until cooked through, **8-12 minutes**.

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

**Custom Recipe:** Brown chicken in batches and spread over two trays for best results.



## Serve up

- Slice Southeast Asian-spiced chicken.
- Divide roasted pumpkin, soy garlic greens and chicken between plates.
- Pour over the coconut sauce. Sprinkle over spring onion 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)