



Baked Chicken & Peri Peri Sauce

with Herb-Roasted Veggies & Apple Slaw

FAMILY BUNDLE

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Potato



Garlic & Herb Seasoning



Nan's Special Seasoning



Chicken Thigh



Apple



Shredded Cabbage Mix



Peri Peri Sauce



Dill & Parsley Mayonnaise



Chicken Thigh

Prep in: 15-25 mins
Ready in: 30-40 mins

Eat Me Early

If you haven't tried our peri peri sauce then it's time to rectify! Drizzle it over juicy chicken thigh, dunk in your favourite roast veg, and finish it off with and fresh and crunchy slaw. You're peri peri experience awaits!

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
potato	2	4
garlic & herb seasoning	1 medium sachet	1 large sachet
Nan's special seasoning	1 medium sachet	1 large sachet
chicken thigh	1 medium packet	2 medium packet OR 1 large packet
honey*	1 tsp	2 tsp
apple	1	2
shredded cabbage mix	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
peri peri sauce	1 medium packet	1 large packet
dill & parsley mayonnaise	1 large packet	2 large packets
chicken thigh**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3031kJ (724Cal)	472kJ (113Cal)
Protein (g)	36.4g	5.7g
Fat, total (g)	42.7g	6.7g
- saturated (g)	6.5g	1g
Carbohydrate (g)	57.3g	8.9g
- sugars (g)	32g	5g
Sodium (mg)	1685mg	263mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3862kJ (923Cal)	482kJ (115Cal)
Protein (g)	65g	8.1g
Fat, total (g)	55.4g	6.9g
- saturated (g)	10.4g	1.3g
Carbohydrate (g)	58.1g	7.2g
- sugars (g)	32.1g	4g
Sodium (mg)	1803mg	225mg

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



2024 | CW15

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, then sprinkle with **garlic & herb seasoning** and drizzle with **olive oil**.
- Toss to coat and season with **salt** and **pepper**. Spread out evenly, then roast until tender, **20-25 minutes**.

Little cooks: Kids can help toss the veggies!

3



Toss the slaw

- Meanwhile, thinly slice **apple** into sticks.
- In a second medium bowl, combine **shredded cabbage mix**, **apple** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

2



Cook the chicken

- Meanwhile, combine **Nan's special seasoning**, a drizzle of **olive oil** and a pinch of **salt** in a medium bowl. Add **chicken thigh** and turn to coat.
- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **chicken** until browned, **2 minutes** each side.
- Transfer **chicken** to a second lined oven tray. Drizzle with the **honey**, then bake until cooked through, **12-14 minutes**.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!

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

Custom Recipe: If you've doubled your chicken thigh, flavour in a large bowl. Cook in batches for best results.

4



Serve up

- Divide chicken, herb-roasted veggies and slaw between plates. Top Nan's baked chicken with **peri peri sauce**.
- Serve with **dill & parsley mayonnaise**. Enjoy!

Rate your recipe

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Spiced Pear Crumble

with Baked Golden Oats

FAMILY BUNDLE

Grab your Meal Kit
with this symbol



Pear



Classic Oat
Mix



Prep in: **15-25** mins
Ready in: **30-40** mins

Save some space on your table for a beautiful and decadent pear crumble, spiced with cinnamon and topped with golden oats for a treat that will leave you feeling overjoyed.

Pantry items

Cinnamon, Brown Sugar, Butter

Before you start

Wash your hands and any fresh food

If you're cooking for 6, double the ingredients and cook 2 batches of crumble

You will need

15cm x 20cm medium baking dish · Small saucepan

Ingredients

	4 People
pear	4
cinnamon*	1 tsp
brown sugar*	20g
water*	1 tbs
butter*	100g
classic oat mix	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving*	Per 100g
Energy (kJ)	3031kJ (724Cal)	472kJ (113Cal)
Protein (g)	36.4g	5.7g
Fat, total (g)	42.7g	6.7g
- saturated (g)	6.5g	1g
Carbohydrate (g)	57.3g	8.9g
- sugars (g)	32g	5g
Sodium (mg)	1685mg	263mg

The quantities provided above are averages only.

*Nutritional values are based on 4 servings.

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1



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **pear** into small chunks.

TIP: For a more traditional crumble, peel the fruit before cutting into chunks.

3



Bake the crumble

- Sprinkle **crumble mixture** evenly over spiced fruit.
- Bake **crumble** until the topping is golden and fruit is tender, **20-25 minutes**.

TIP: The fruit is cooked when you can pierce it easily with a fork.

2



Make the crumble

- In a medium baking dish, combine **pear**, the **cinnamon**, **brown sugar**, the **water** and a pinch of **salt**. Set aside.
- In a small saucepan, melt the **butter** over low heat. Add **classic oat mix** and stir to combine.

4



Serve up

- Divide spiced pear crumble between bowls. Enjoy!

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