

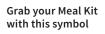
Baked Chicken & Peri Peri Sauce

with Herb-Roasted Veggies & Apple Slaw

FAMILY BUNDLE

NEW

CLIMATE SUPERSTAR











Potato





Garlic & Herb Seasoning

Nan's Special Seasoning





Chicken Thigh



Shredded Cabbage



Peri Peri Sauce

Dill & Parsley Mayonnaise





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 \cdot Large frying pan

Ingredients

9				
	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		
dill & parsley mayonnaise	1 large packet	2 large packets 2 medium packets		

^{*}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





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!*



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.



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.



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!

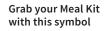


Did we make your tastebuds happy?
Let our culinary team know: hellofresh.co.nz/rate



Spiced Pear Crumble with Baked Golden Oats

FAMILY BUNDLE











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

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Energy (kJ)	3031kJ (724Cal)	472kJ (113Cal)
Protein (g)	36.4g	5.7g
Fat, total (g)	42.7g	6.7g
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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.



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.



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.



Serve up

• Divide spiced pear crumble between bowls. Enjoy!

Let our culinary team know: hellofresh.co.nz/rate

^{*}Nutritional values are based on 4 servings.