



Sticky Chicken & Celery Slaw

with Roast Pumpkin & Potato Chunks

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Grab your meal kit with this number

20



Potato



Peeled Pumpkin Pieces



Chicken Breast



Sweet Soy Seasoning



Sweet Chilli Sauce



Cucumber



Celery



Shredded Cabbage Mix



Mayonnaise



Coriander



Chicken Breast



Chicken Thigh

Prep in: 15-35 mins
Ready in: 25-35 mins

Carb Smart

Eat Me Early

Protein Rich

This chicken has layers upon layers of flavour, first being cooked in our staple sweet soy seasoning, then being tossed in sweet chilli and soy! A crunchy, creamy slaw and chunks of roast veggies act as the perfect side-kicks to this superstar dish.

Pantry items

Olive Oil, Soy Sauce, Sesame Oil, Vinegar (White Wine Or Rice Wine)

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Air fryer or oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
peeled pumpkin pieces	1 small packet	1 medium packet
chicken breast	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	1 sachet	2 sachets
sweet chilli sauce	1 small packet	1 medium packet
soy sauce*	1 tsp	2 tsp
cucumber	1 (medium)	1 (large)
celery	1 stalk	2 stalks
shredded cabbage mix	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
sesame oil*	1 tsp	2 tsp
vinegar* (white wine or rice wine)	drizzle	drizzle
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2035kJ (486Cal)	336kJ (80Cal)
Protein (g)	45.9g	7.6g
Fat, total (g)	16.1g	2.7g
- saturated (g)	3g	0.5g
Carbohydrate (g)	37.6g	6.2g
- sugars (g)	24.2g	4g
Sodium (mg)	848mg	140mg
Dietary Fibre (g)	4.6g	0.8g

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

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1



Cook the veggies

- Cut **potato** into bite-sized chunks.
- Set your air fryer to **200°C**. Place **peeled pumpkin pieces** and **potato** evenly into air fryer basket, drizzle with **olive oil** and cook for **10 minutes**. Shake the basket, then cook until tender, a further **5-10 minutes**.

TIP: No airfryer? Preheat oven to 240°C/220°C fan-forced. Prep potato as above. Place peeled pumpkin pieces and potato chunks on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Roast until tender, 20-25 minutes.

3



Make the slaw

- Meanwhile, slice **cucumber** into half-moons. Thinly slice **celery**.
- In a second medium bowl, combine **shredded cabbage mix**, **cucumber**, **celery**, **mayonnaise**, the **sesame oil** and a drizzle of **vinegar**. Toss to combine and season to taste.

2



Cook the chicken

- Meanwhile, place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **chicken**, **sweet soy seasoning** and a drizzle of **olive oil**.
- When the veggies have **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **chicken steaks** until cooked through, **3-5 minutes** each side.
- Remove pan from heat and add **sweet chilli sauce** and the **soy sauce**, turning **chicken** to coat.

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

4



Serve up

- Divide sticky chicken, celery slaw, roast pumpkin and potato chunks between plates.
- Tear over **coriander** to serve. Enjoy!

CUSTOM OPTIONS



DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN THIGH

Add seasoning as above. Cook, turning occasionally, until browned and cooked through, 10-14 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

