

KID FRIENDLY

AIR FRYER FRIENDLY









Potato





Celery

Sweet Soy Seasoning





Chicken Thigh



Mayonnaise





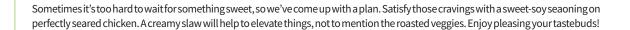
Prep in: 15-25 mins Ready in: 30-40 mins

Eat Me Early





Protein Rich



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 \cdot Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
potato	2	4
celery	1 stalk	2 stalks
sweet soy seasoning	1 sachet	2 sachets
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
shredded cabbage mix	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
vinegar* (white wine or rice wine)	drizzle	drizzle

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2288kJ (547cal)	240kJ (57cal)
Protein (g)	35.4g	3.7g
Fat, total (g)	28.4g	3g
- saturated (g)	6.2g	0.7g
Carbohydrate (g)	45.3g	4.8g
- sugars (g)	24.2g	2.5g
Sodium (mg)	675mg	70.9mg
Dietary Fibre (g)	6.7g	0.7g

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.



Airfry the veggies

- Cut carrot and potato into bite-sized chunks. Thinly slice celery.
- Set your air fryer to 200°C. Place carrot and potato into the air fryer basket, drizzle with olive oil, season with salt and toss to coat. Cook for 10 minutes.
 Shake the basket, then cook until golden, a further 10-15 minutes.

TIP: No air fryer? Preheat oven to 240°C/220°C fan-forced. Place carrot and potato on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Bake until tender, 20-25 minutes.



Cook the chicken

- In a medium bowl, combine sweet soy seasoning and a drizzle of olive oil.
 Add chicken thigh and turn to coat.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken, turning occasionally, until browned and cooked through, 14-16 minutes.

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



Make the slaw

 Meanwhile, combine shredded cabbage mix, celery, mayonnaise and a drizzle of vinegar in a large bowl. Season to taste.

Little cooks: Kids can help combine all the ingredients for the slaw.



Serve up

- · Slice sweet-soy chicken.
- Serve up sliced chicken, root veggies and creamy celery slaw. Enjoy!



DOUBLE CHICKEN THIGH

Follow method above, cooking in batches if necessary.

SWAP TO BEEF RUMP

In a large frying pan, cook with a drizzle of olive oil, turning, for 4-6 minutes for medium. Transfer to a plate to rest. Slice before serving. If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

