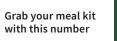


Sticky Asian Chicken & Celery Slaw with Roast Pumpkin & Potato Chunks

AIR FRYER FRIENDLY

KID FRIENDLY













Chicken Breast



Seasoning



Sweet Chilli



Sauce



Celery



Cucumber

Shredded Cabbage



Mayonnaise



Coriander





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

Eat Me Early





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

9			
	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)	163kJ (39cal)
Protein (g)	45.9g	3.7g
Fat, total (g)	16.1g	1.3g
- saturated (g)	3g	0.2g
Carbohydrate (g)	37.6g	3g
- sugars (g)	24.2g	1.9g
Sodium (mg)	848mg	68mg
Dietary Fibre (g)	4.6g	0.4g

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.



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 on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Roast until tender, 20-25 minutes.



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. Season to taste.



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.



Serve up

 Divide sticky Asian chicken, celery slaw, roast pumpkin and potato chunks between plates. Tear over coriander. Enjoy!

