



Sweet-Soy Chicken & Root Veggies

with Creamy Celery Slaw

KID FRIENDLY

AIR FRYER FRIENDLY

Grab your meal kit with this number

4



Carrot



Potato



Celery



Sweet Soy Seasoning



Chicken Thigh



Shredded Cabbage Mix



Mayonnaise



Beef Rump



Chicken Thigh

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

Calorie Smart

Protein Rich

Eat Me Early

Sometimes it's too hard to wait for something sweet, so we've come up with a plan. Satisfy those cravings with a sweet-soy seasoning on perfectly seared chicken. A creamy slaw will help to elevate things, not to mention the roasted veggies. Enjoy pleasing your tastebuds!

Pantry items

Olive 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
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)	2287kJ (547cal)	240kJ (58cal)
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	71mg
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.



Cook 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. Prep veggies as above. Place carrot and potatoes on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Bake until tender, 20-25 minutes.



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.



Cook the chicken

- While the veggies are cooking, 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.



Serve up

- Slice sweet-soy chicken.
- Divide chicken, root veggies and creamy celery slaw between plates to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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CUSTOM OPTIONS



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.



DOUBLE CHICKEN THIGH

Follow method above, cooking in batches if necessary.

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

