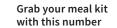


Honey-Soy Chicken & Roast Veggie Salad with Japanese Mayo & Crushed Peanuts

KID FRIENDLY

















Courgette





Chicken Thigh

Cucumber



Japanese Dressing





Mixed Salad



Leaves





Prep in: 20-30 mins Ready in: 28-38 mins

Eat Me Early



Calorie Smart



Protein Rich

The magic in this dish is the juicy chicken thigh, perfectly browned and then drizzled with our tasty Japanese mayo. Add a nourishing roasted veggie salad and some crushed peanuts in the mix, and you've got a delicious Asian-inspired meal on the table in no time!

Pantry items

Olive Oil, Honey, Soy Sauce, 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

Two oven trays lined with baking paper · Large frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
carrot	1	2	
courgette	1	2	
garlic	2 cloves	4 cloves	
cucumber	1 (medium)	1 (large)	
honey*	1 tbs	2 tbs	
soy sauce*	2 tbs	4 tbs	
vinegar* (white wine or rice wine)	½ tbs	1 tbs	
chicken thigh	1 medium packet	2 medium packets OR 1 large packet	
Japanese dressing	1 packet	2 packets	
mayonnaise	1 medium packet	1 large packet	
mixed salad leaves	1 medium packet	1 large packet	
crushed peanuts	1 packet	2 packets	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2529kJ (604cal)	206kJ (49cal)
Protein (g)	39.6g	3.2g
Fat, total (g)	30.1g	2.4g
- saturated (g)	6.6g	0.5g
Carbohydrate (g)	51.1g	4.2g
- sugars (g)	29.2g	2.4g
Sodium (mg)	1126mg	91.6mg
Dietary Fibre (g)	9.6g	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.



Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- · Cut potato, carrot, and courgette into bitesized chunks.
- Place **veggies** and a drizzle of **olive oil** on a lined oven tray. Season with salt and pepper and toss to coat. Spread out evenly, then roast until tender, 20-25 minutes.
- Allow to cool slightly.



Get prepped

- Meanwhile, finely chop garlic.
- Thinly slice cucumber into half-moons.
- In a small bowl, combine garlic and the honey, soy sauce and vinegar. Set aside.

Little cooks: Take charge by combining the sauces!



Cook the chicken

- Heat a large frying pan over medium heat with a drizzle of olive oil.
- · Season chicken thigh on both sides.
- When the oil is hot, cook **chicken** for **2 minutes** each side.



Bake the chicken

- Add the honey-soy mixture to the frying pan and cook, turning chicken to coat until slightly reduced, 1 minute.
- Transfer chicken to a second lined oven tray and spoon over any remaining honey-soy sauce.
- Bake until cooked through, 12-14 minutes.

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



Bring it all together

- · Meanwhile, combine Japanese dressing and mayonnaise in a second small bowl. Set aside.
- In a large bowl, combine mixed salad leaves, cucumber, roasted veggies and a drizzle of vinegar and olive oil. Season to taste.

Little cooks: Take the lead by tossing the salad!



Serve up

- · Slice the chicken.
- Divide roast veggie salad between bowls. Top with honey-soy chicken and drizzle with Japanese mayo.
- Garnish with **crushed peanuts** to serve. Enjoy!





Follow method above, browning for 2 minutes, then baking for 8-12 minutes.



In a large frying pan, cook with a drizzle of olive oil until browned, 4-5 minutes. Sprinkle over before serving.

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

