



Honey-Soy Chicken & Roast Veggie Salad

with Japanese Mayo & Crushed Peanuts

KID FRIENDLY

Grab your meal kit with this number

4



Potato



Carrot



Courgette



Garlic



Cucumber



Chicken Thigh



Japanese Dressing



Mayonnaise



Mixed Salad Leaves



Crushed Peanuts



Chicken Breast



Diced Bacon

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

Calorie Smart

Protein Rich

Eat Me Early

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

	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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW42



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato**, **carrot**, and **courgette** into bite-sized 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.

4



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.

2



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!

5



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!

3



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.

6



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!

CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

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



ADD DICED BACON

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.

