



# Easy 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



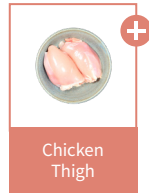
Chicken Thigh



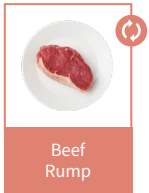
Shredded Cabbage Mix



Mayonnaise



Chicken Thigh



Beef Rump

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
<b>olive oil*</b>	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
<b>vinegar*</b> (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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## 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**. Divide between serving plates.

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

3



## 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.

2



## 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.

4



## 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

2024 | CW44



## CUSTOM OPTIONS



### DOUBLE CHICKEN THIGH

Follow method above, cooking in batches if necessary.



### SWAP TO BEEF RUMP

Cook, turning, for 4-6 minutes for medium. Rest then slice before serving.

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

