



# Southeast Asian Chicken & Roasted Pumpkin

with Soy-Garlic Greens & Coconut Sauce

KID FRIENDLY

Grab your meal kit with this number

2



Peeled Pumpkin Pieces



Garlic



Green Beans



Asian Greens



Southeast Asian Spice Blend



Chicken Breast



Ginger Paste



Coconut Milk



Coriander



Chicken Breast



Chicken Thigh

Prep in: 25-35 mins  
Ready in: 35-45 mins

Carb Smart

Protein Rich

Eat Me Early

This simple yet stunning meal is sure to amaze and delight. It's the perfect combination of tender chicken with an aromatic ginger and coconut sauce and sweet roasted pumpkin.

### Pantry items

Olive Oil, Soy Sauce, Brown Sugar

## 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
<b>olive oil*</b>	refer to method	refer to method
peeled pumpkin pieces	1 medium packet	2 medium packets
garlic	3 cloves	6 cloves
green beans	1 small packet	1 medium packet
Asian greens	1 packet	2 packets
Southeast Asian spice blend	1 medium sachet	1 large sachet
chicken breast	1 medium packet	2 medium packets OR 1 large packet
<b>soy sauce*</b> (for the veggies)	½ tbs	1 tbs
ginger paste	1 medium packet	1 large packet
coconut milk	1 medium packet	2 medium packets
<b>brown sugar*</b>	1 tsp	2 tsp
<b>soy sauce*</b> (for the sauce)	½ tbs	1 tbs
coriander	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1853kJ (442Cal)	285kJ (68Cal)
Protein (g)	48.8g	7.5g
Fat, total (g)	26.9g	4.1g
- saturated (g)	16.9g	2.6g
Carbohydrate (g)	30.1g	4.6g
- sugars (g)	16.2g	2.5g
Sodium (mg)	827mg	127mg
Dietary Fibre (g)	9.3g	1.4g

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](https://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 pumpkin

- Preheat oven to **220°C/200°C fan-forced**.
- Place **peeled pumpkin pieces** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **12-15 minutes**.

**Little cooks:** Help toss the pumpkin pieces!



## Cook the veggies

- While the **chicken** is baking, wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**. Cook **green beans**, tossing until tender, **3-4 minutes**.
- Add **Asian greens** and half the **garlic** then cook, tossing, until just wilted, **1-2 minutes**.
- Add the **soy sauce (for the veggies)** and stir to combine. Transfer to a bowl.

**TIP:** Add a dash of water to help speed up the cooking process.



## Get prepped

- While the veggies are roasting, finely chop **garlic**. Trim **green beans**. Roughly chop **Asian greens**.
- In a medium bowl, combine **Southeast Asian spice blend** and a drizzle of **olive oil**. Season, then add the **chicken breast** and a pinch of **salt**.



## Make the coconut sauce

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook remaining **garlic** and **ginger paste**, stirring, until fragrant, **1 minute**.
- Add **coconut milk**, the **brown sugar** and **soy sauce (for the sauce)**. Stir to combine and simmer until slightly reduced, **2-3 minutes**.



## Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook **chicken** until browned, **2 minutes** each side.
- Transfer **chicken** to a second lined oven tray and bake until cooked through, **8-12 minutes**.

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



## Finish & serve

- Slice Southeast Asian chicken.
- Divide roasted pumpkin, soy garlic greens and chicken between plates.
- Pour over coconut sauce and tear over **coriander** to serve. Enjoy!

**Little cooks:** Add the finishing touch by tearing over the coriander!

## We're here to help!

Scan here if you have any questions or concerns

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### CUSTOM OPTIONS



#### DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



#### SWAP TO CHICKEN THIGH

Add seasoning as above. Cook, turning occasionally, until browned and cooked through, 10-14 minutes.

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

