



# Honey-Soy Chicken & Roast Veggie Salad

with Japanese Mayo & Crushed Peanuts

Grab your Meal Kit with this symbol



Potato



Capsicum



Mixed Sesame Seeds



Chicken Thigh



Garlic



Tomato



Japanese Dressing



Mayonnaise



Mixed Salad Leaves



Crushed Peanuts

Hands-on: 20-30 mins  
 Ready in: 30-40 mins

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 salad and some crushed peanuts in the mix, and you've got an Asian-inspired meal in no time!

## Pantry items

Olive Oil, Honey, Soy Sauce

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
capsicum	1	2
mixed sesame seeds	1 sachet	1 sachet
honey*	2 tsp	4 tsp
soy sauce*	2 tbs	¼ cup
chicken thigh	1 packet	1 packet
garlic	2 cloves	4 cloves
tomato	1	2
Japanese dressing	1 packet (30g)	2 packets (60g)
mayonnaise	1 packet (40g)	1 packet (100g)
mixed salad leaves	1 bag (60g)	1 bag (120g)
crushed peanuts	1 packet	2 packets

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2850kJ (682Cal)	462kJ (110Cal)
Protein (g)	43.1g	7.0g
Fat, total (g)	37.6g	6.1g
- saturated (g)	5.2g	0.8g
Carbohydrate (g)	40.9g	6.6g
- sugars (g)	13.0g	2.1g
Sodium (mg)	1380mg	223mg

## 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.



## Bake the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 2cm chunks. Cut the **capsicum** into 3cm chunks. Place the **potato, capsicum, mixed sesame seeds** and a drizzle of **olive oil** on an oven tray lined with baking paper. Season with **salt** and **pepper** and toss to coat. Bake until tender, **20-25 minutes**. Allow to cool slightly.

**TIP:** Cut the veggies to size so they cook in time.



## Flavour the chicken

While the veggies are baking, combine the **honey** and **soy sauce** in a medium bowl and mix well. Add the **chicken thigh** and toss to coat. Set aside.



## Get prepped

Finely chop the **garlic**. Roughly chop the **tomato**, then add the **tomato** to a large bowl and set aside.



## Cook the chicken

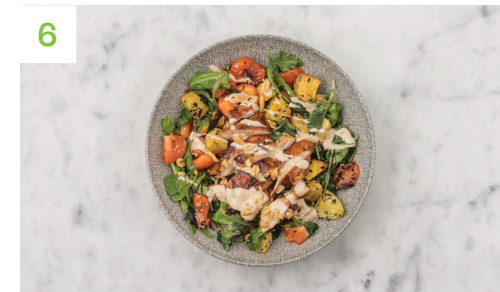
Heat a large frying pan over a medium heat with a drizzle of **olive oil**. Using tongs, pick up the **chicken** and let the excess marinade drip back into the bowl. Add the **chicken** to the hot pan and cook, turning, until browned and cooked through, **10-14 minutes** (depending on thickness). In the last **3 minutes** of cook time, add the **garlic** and remaining **marinade**. Cook until reduced slightly, **1-2 minutes**.

**TIP:** The marinade will darken and caramelize – this adds to the flavour!



## Bring it all together

While the chicken is cooking, combine the **Japanese dressing** and **mayonnaise** in a small bowl. Set aside. Add the roasted **veggies** and **mixed salad leaves** to the **tomato**. Drizzle with **olive oil**, then toss to combine.



## Serve up

Slice the chicken. Divide the roast veggie salad between plates. Top with the honey-soy chicken and drizzle over the Japanese mayo. Garnish with the **crushed peanuts**.

Enjoy!