



Honey-Soy Chicken Salad

with Roasted Pumpkin & Peanuts

Grab your Meal Kit with this symbol



Red Onion



Capsicum



Peeled & Chopped Pumpkin



Garlic



Chicken Thigh



Mayonnaise



Pear



Spring Onion



Long Green Chilli (Optional)



Mixed Salad Leaves



Crushed Peanuts



Hands-on: **25-35 mins**
Ready in: **35-45 mins**



Low Calorie



Eat me early



Spicy (optional long green chilli)

Make space for this hearty salad in your dinner rotation. With mildly spiced chicken and crunchy peanuts, this plate of bountiful greens and pumpkin will change the way you look at veggies!

Unfortunately, this week's cucumber and courgette were in short supply, so we've replaced them with pear and capsicum. Don't worry, the recipe will be just as delicious!

Pantry items

Olive Oil, Soy Sauce, Honey, Rice Wine Vinegar

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
Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1 (medium)	1 (large)
capsicum	1	2
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
garlic	2 cloves	4 cloves
soy sauce*	2½ tbs	½ cup
honey*	4 tsp	2½ tbs
rice wine vinegar*	1 tbs	2 tbs
chicken thigh	1 packet	1 packet
mayonnaise	1 packet (40g)	1 packet (100g)
water*	1 tsp	2 tsp
pear	1	2
spring onion	1 bunch	1 bunch
long green chilli (optional)	½	1
mixed salad leaves	1 bag (60g)	1 bag (120g)
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2200kJ (527Cal)	331kJ (79Cal)
Protein (g)	40.0g	6.0g
Fat, total (g)	26.4g	4.0g
- saturated (g)	4.3g	0.6g
Carbohydrate (g)	28.1g	4.2g
- sugars (g)	22.0g	3.3g
Sodium (g)	1360mg	205mg

Allergens

Please visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Cut the **red onion** into 2cm wedges. Cut the **capsicum** into 2cm chunks.



2. Roast the veggies

Place the **onion**, **capsicum** and **peeled & chopped pumpkin** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **good pinch** of **salt** and **pepper**. Spread in a single layer and roast until tender, **20-25 minutes**. Remove the tray from the oven and allow to cool slightly.



3. Flavour the chicken

While the veggies are roasting, finely chop the **garlic** (or use a garlic press). In a medium bowl, combine the **garlic**, **soy sauce**, **honey** and **2/3** of the **rice wine vinegar** and mix well. Add the **chicken thigh** and toss to coat.



4. Cook the chicken

When the veggies have **10 minutes** cook time remaining, heat a **drizzle** of **olive oil** in a medium frying pan over a medium heat. Using tongs, pick up the **chicken** and let the excess marinade drip back into the bowl. Add the **chicken** to the pan and cook, turning often, until browned and cooked through, **10-14 minutes**. In the last **5 minutes** of chicken cook time, add the **remaining marinade** and simmer until reduced slightly.

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



5. Make the salad

While the chicken is cooking, combine the **mayonnaise** and **water** in a small bowl. Set aside. Thinly slice the **pear**. Thinly slice the **spring onion**. Thinly slice the **long green chilli** (see ingredients list), if using. In a large bowl, combine the **remaining rice wine vinegar** and **olive oil** (**2 tsp for 2 people / 4 tsp for 4 people**). Season with a **pinch** of **salt** and **pepper**. Add the roasted **veggies**, **pear**, **spring onion** and **mixed salad leaves** and toss to coat.

TIP: Toss the salad just before serving to keep the leaves crisp.



6. Serve up

Thinly slice the chicken. Divide the roast pumpkin salad between bowls and top with the honey-soy glazed chicken. Spoon over any remaining marinade from the pan and drizzle over the mayo dressing. Garnish with the **crushed peanuts** and chilli (if using).

Enjoy!