



Honey-Soy Chicken & Roast Pumpkin Salad

with Peanuts & Mayo Drizzle

Grab your Meal Kit with this symbol



Red Onion



Courgette



Peeled & Chopped Pumpkin



Garlic



Ginger



Chicken Breast



Mayonnaise



Cucumber



Mixed Salad Leaves



Roasted Peanuts

Keep an eye out...
Due to recent sourcing challenges, we've replaced tomato with cucumber, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

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

Calorie Smart

Eat Me Early

The magic in this dish is the juicy chicken breast, perfectly caramelised with a honey-soy sauce and then topped with a mayo drizzle. Add a nourishing roast veggie salad and crunchy peanuts in the mix, and you've got an Asian-inspired meal in no time!

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1 (medium)	1 (large)
courgette	1	2
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
garlic	2 cloves	4 cloves
ginger	1 knob	2 knob
chicken breast	1 packet	1 packet
soy sauce*	2½ tbs	½ cup
honey*	1 tbs	2 tbs
mayonnaise	1 packet (40g)	1 packet (100g)
water*	1 tsp	2 tsp
cucumber	1 (medium)	1 (large)
rice wine vinegar*	drizzle	drizzle
mixed salad leaves	1 bag (60g)	1 bag (120g)
roasted peanuts	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2331kJ (557Cal)	389kJ (93Cal)
Protein (g)	38.8g	6.5g
Fat, total (g)	31.8g	5.3g
- saturated (g)	5.1g	0.9g
Carbohydrate (g)	26.4g	4.4g
- sugars (g)	20.1g	3.4g
Sodium (mg)	1224mg	205mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Cut the **red onion** into wedges. Slice the **courgette** into half-moons.



Cook the chicken

When the veggies have **10 minutes** cook time remaining, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **chicken** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded). Reduce the heat to low, then add the **honey-soy sauce** and simmer until reduced slightly, **1-2 minutes**. Remove from the heat and set aside.

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

TIP: The chicken is cooked through when it's no longer pink inside.



Roast the veggies

Place the **peeled & chopped pumpkin, onion** and **courgette** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat and spread out evenly. Roast until tender, **20-25 minutes**. Allow to cool slightly.

TIP: If your oven tray is crowded, divide between two trays.



Toss the salad

While the chicken is cooking, combine the **mayonnaise** and the **water** in a second small bowl. Set aside. Roughly chop the **cucumber**. In a large bowl, combine a drizzle of **rice wine vinegar** and **olive oil**. Season, then add the **roasted veggies, cucumber** and **mixed salad leaves**. Toss to coat.



Prep the chicken

While the veggies are roasting, finely grate the **garlic** and **ginger**. Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks. In a small bowl, combine the **garlic, ginger, soy sauce** and **honey**.



Serve up

Slice the honey-soy chicken. Divide the roast pumpkin salad between bowls and top with the chicken. Spoon over any remaining marinade from the pan and drizzle over the mayo. Garnish with the **roasted peanuts** to serve.

Enjoy!