



Sticky Sweet Chilli Chicken Thighs

with Roast Pumpkin Wedges & Garlic Veggies

Grab your Meal Kit with this symbol



Peeled Pumpkin



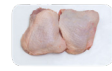
Ginger



Lemon



Sweet Chilli Sauce



Chicken Thigh



Sesame Seeds



Garlic



Carrot



Broccoli

Hands-on: 30 mins
 Ready in: 40 mins

Low Calorie

Eat me early

Get ready for a plate full of deliciousness! This sticky-sweet delight uses sesame seeds, soy sauce, honey and sweet chilli sauce to top a flavourful mix of tender chicken thighs and garlic infused veggies for a hearty and crave-worthy dinner.

Unfortunately, this week's Asian greens were in short supply, so we've replaced them with broccoli. Don't worry, the recipe will be just as delicious!

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 ·
Medium frying pan · Large frying pan

Ingredients

	4 People
olive oil*	refer to method
peeled pumpkin	1 packet (800g)
ginger	2 knobs
lemon	1
sweet chilli sauce	1 packet (50g)
honey*	1½ tbs
soy sauce*	2 tbs
water*	1 tbs
chicken thigh	1 packet
sesame seeds	1 sachet
garlic	2 cloves
carrot	2
broccoli	1 head

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	1780kJ (425Cal)	351kJ (84Cal)
Protein (g)	34.8g	6.9g
Fat, total (g)	17.5g	3.4g
- saturated (g)	3.7g	0.7g
Carbohydrate (g)	28.5g	5.6g
- sugars (g)	23.9g	4.7g
Sodium (g)	703mg	139mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Roast the pumpkin

Preheat the oven to **240°C/220°C fan-forced**. Slice the **peeled pumpkin** into 1cm wedges. Place the **pumpkin** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a good **pinch** of **salt** and **pepper**. Toss to coat and roast until tender, **25-30 minutes**.

TIP: Cut the pumpkin to the correct size so it cooks in the allocated time!



4. Prep the veggies

While the chicken is cooking, finely chop the **garlic** (or use a garlic press). Thinly slice the **carrot** (unpeeled) into half-moons. Cut the **broccoli** into small florets and roughly chop the stalk.



2. Flavour the chicken

While the pumpkin is roasting, grate the **ginger**. Zest the **lemon** to get a **generous pinch**, then slice into wedges. In a medium bowl, combine the **sweet chilli sauce**, **honey**, **soy sauce**, **lemon zest**, a **squeeze** of **lemon juice**, the **water** and **1/2** the **ginger**. Add the **chicken thigh** to the marinade and toss to coat. Heat a medium frying pan over a medium-high heat. Add the **sesame seeds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl.



5. Cook the veggies

In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. Add the **carrot** and **broccoli** and cook, tossing, until tender, **6-8 minutes**. Add the **garlic** and **remaining ginger** and cook until fragrant, **1-2 minutes**. Season with a **pinch** of **salt**.

TIP: Add a dash of water to the pan to help the veggies cook faster.



3. Cook the chicken

Return the frying pan to a medium-high 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 pan and cook, turning often, until browned and cooked through, **10-14 minutes**. In the last **2 minutes** of cook time, add the remaining marinade and simmer until reduced slightly.

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

TIP: Cook the chicken in batches for the best results!



6. Serve up

Thickly slice the chicken. Divide the roast pumpkin, garlic veggies and sticky sweet chilli chicken between plates. Spoon the remaining sauce over the chicken and pumpkin, then sprinkle with the toasted sesame seeds. Serve with any remaining lemon wedges.

Enjoy!