



Sweet Soy Chicken & Celery Slaw

with Roast Pumpkin & Potato Chunks

NEW

KID FRIENDLY

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Potato



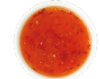
Peeled Pumpkin Pieces



Chicken Breast



Sweet Soy Seasoning



Sweet Chilli Sauce



Cucumber



Celery



Shredded Cabbage Mix



Mayonnaise

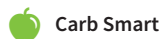


Coriander



Pork Loin Steaks

Prep in: 15-25 mins
Ready in: 25-35 mins



Carb Smart

Eat Me Early

This chicken has layers upon layers of flavour, first being cooked in our staple sweet soy seasoning, then being tossed in sweet chilli and soy! A crunchy, creamy slaw and chunks of roast veggies act as the perfect side-kicks to this superstar dish.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Soy Sauce, Sesame Oil, Vinegar (White Wine or Rice Wine)

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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	1	2
peeled pumpkin pieces	1 bag (200g)	1 bag (400g)
chicken breast	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	1 sachet	2 sachets
sweet chilli sauce	1 small packet	1 medium packet
soy sauce*	1 tsp	2 tsp
cucumber	1 (medium)	1 (large)
celery	1 stalk	2 stalks
shredded cabbage mix	1 bag (150g)	1 bag (300g)
mayonnaise	1 medium packet	1 large packet
sesame oil*	1 tsp	2 tsp
vinegar* (white wine or rice wine)	drizzle	drizzle
coriander	1 bag	1 bag
pork loin steaks**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2001kJ (478Cal)	334kJ (80Cal)
Protein (g)	42.3g	7.1g
Fat, total (g)	15.9g	2.7g
- saturated (g)	2.9g	0.5g
Carbohydrate (g)	39.7g	6.6g
- sugars (g)	26.7g	4.5g
Sodium (mg)	1172mg	196mg
Dietary Fibre (g)	8.9g	1.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2003kJ (479Cal)	340kJ (81Cal)
Protein (g)	42.6g	7.2g
Fat, total (g)	15.5g	2.6g
- saturated (g)	2.9g	0.5g
Carbohydrate (g)	38.8g	6.6g
- sugars (g)	26.6g	4.5g
Sodium (mg)	1124mg	191mg
Dietary Fibre (g)	8.9g	1.5g

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.

Were here to help!

Scan here if you have any questions or concerns

2024 | CW12



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into bite-sized chunks.
- Place **peeled pumpkin pieces** and **potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.

3



Make the slaw

- While the chicken is cooking, slice **cucumber** into half-moons. Thinly slice **celery**.
- In a second medium bowl, combine **shredded cabbage mix**, **cucumber**, **celery**, **mayonnaise**, the **sesame oil** and a drizzle of **vinegar**. Season to taste.

2



Cook the chicken

- Meanwhile, place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **chicken**, **sweet soy seasoning** and a drizzle of **olive oil**.
- When the veggies have **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **chicken steaks** until cooked through, **3-5 minutes** each side.
- Remove pan from heat and add **sweet chilli sauce** and the **soy sauce**, turning **chicken** to coat.

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

Custom Recipe: If you've swapped to pork loin steak, flavour as above. Heat frying pan as above. When oil is hot, cook pork until cooked through, 3-4 minutes each side (cook in batches if your pan is getting crowded). Add sauces as above, then transfer to a plate. Cover and rest for 5 minutes.

4



Serve up

- Divide sweet soy chicken, celery slaw, roast pumpkin and potato chunks between plates. Tear over **coriander**. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate