



Sichuan Chicken & Pumpkin Salad

with Crushed Peanuts

SUMMER SALADS

CLIMATE SUPERSTAR

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Peeled Pumpkin Pieces



Cucumber



Chicken Breast



Sichuan Garlic Paste



Mixed Salad Leaves



Crushed Peanuts



Chicken Breast

Prep in: 20-30 mins
Ready in: 30-40 mins

Carb Smart*
**Custom Recipe is not Carb Smart*

Eat Me Early

Sichuan garlic paste has got to be our new favourite flavour. This salad is bursting with deliciousness, from the punchy Sichuan chicken to the sweet roast pumpkin. All tied together with a soy dressing and a crushed peanut garnish, this is not a salad that will leave you wanting!

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

Pantry items

Olive Oil, Soy Sauce, Brown Sugar, White Wine Vinegar

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
peeled pumpkin pieces	1 medium packet	1 large packet
cucumber	1 (medium)	1 (large)
chicken breast	1 medium packet	2 medium packets OR 1 large packet
soy sauce*	2 tsp	4 tsp
brown sugar*	1 tsp	2 tsp
white wine vinegar*	drizzle	drizzle
Sichuan garlic paste	1 packet	2 packets
mixed salad leaves	1 medium packet	1 large packet
crushed peanuts	1 medium packet	2 medium packets
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2294kJ (548Cal)	417kJ (100Cal)
Protein (g)	49.8g	9.1g
Fat, total (g)	21.6g	3.9g
- saturated (g)	3.8g	0.7g
Carbohydrate (g)	36.4g	6.6g
- sugars (g)	24.6g	4.5g
Sodium (mg)	892mg	162mg
Dietary Fibre (g)	5g	0.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3065kJ (733Cal)	421kJ (101Cal)
Protein (g)	88.7g	12.2g
Fat, total (g)	24.8g	3.4g
- saturated (g)	4.8g	0.7g
Carbohydrate (g)	37.4g	5.1g
- sugars (g)	24.7g	3.4g
Sodium (mg)	1027mg	141mg

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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW13



1



Roast the pumpkin

- Preheat oven to **220°C/200°C fan-forced**.
- Place **peeled pumpkin pieces** on a lined oven tray, drizzle with **olive oil** and a pinch of **salt** and **pepper**.
- Toss to coat, spread out evenly, then bake until tender, **20-25 minutes**.

4



Cook the chicken

- When the pumpkin has **10 minutes** remaining, heat a large frying pan over high heat with a drizzle of **olive oil**.
- When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- Remove pan from the heat and stir through **Sichuan garlic paste**.

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

Custom Recipe: Cook chicken in batches for best results.

2



Get prepped

- While the pumpkin is roasting, thinly slice **cucumber** into half-moons.
- Cut **chicken breast** into 2cm chunks.

Custom Recipe: If you've doubled your chicken breast, prepare chicken as above.

5



Toss the salad

- In a large bowl, combine **mixed salad leaves**, the **roasted pumpkin** and **cucumber**.
- Pour over the **soy dressing** and toss to coat.

TIP: Let the pumpkin cool slightly before adding to the salad to keep the leaves crisp.

3



Make the dressing

- In a small bowl combine the **soy sauce**, **brown sugar**, a small drizzle of **olive oil** and a generous drizzle of **white wine vinegar**.

6



Serve up

- Divide Asian roast pumpkin salad mix between bowls. Top with sticky Sichuan chicken.
- Spoon over any remaining sauce from the pan.
- Garnish with **crushed peanuts** to serve. Enjoy!

Rate your recipe

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