



# Quick Sweet Chilli-Soy Chicken & Celery Slaw with Roast Potato Chunks

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Chicken Breast



Southeast Asian Spice Blend



Sweet Chilli Sauce



Celery



Slaw Mix



Mayonnaise



Parsley



Chicken Breast

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

Calorie Smart\*  
*\*Custom Recipe is not Calorie Smart*

Eat Me Early

Sweet chilli sauce can be found on so many things, but we're sure it will be a real standout with this tender chicken. Enjoy the pops of flavour and the roasted potato with this winning dinner.

**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	2	4
chicken breast	1 medium packet	2 medium packets OR 1 large packet
Southeast Asian spice blend	1 medium sachet	1 large sachet
sweet chilli sauce	1 small packet	1 medium packet
soy sauce*	1 tsp	2 tsp
celery	1 stalk	2 stalks
slaw mix	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
sesame oil*	1 tsp	2 tsp
vinegar* (white wine or rice wine)	drizzle	drizzle
parsley	1 packet	1 packet
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)	2169kJ (518Cal)	402kJ (96Cal)
Protein (g)	45.2g	8.4g
Fat, total (g)	17g	3.1g
- saturated (g)	2.9g	0.5g
Carbohydrate (g)	50.2g	9.3g
- sugars (g)	29.8g	5.5g
Sodium (mg)	1228mg	227mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2940kJ (703Cal)	410kJ (98Cal)
Protein (g)	84.2g	11.7g
Fat, total (g)	20.2g	2.8g
- saturated (g)	3.9g	0.5g
Carbohydrate (g)	51.2g	7.1g
- sugars (g)	30g	4.2g
Sodium (mg)	1363mg	190mg

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](https://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 | CW15



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## Roast the potato

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

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## Make the slaw

- Meanwhile, thinly slice **celery**.
- In a second medium bowl, combine **slaw mix**, **celery**, **mayonnaise**, the **sesame oil** and a drizzle of **vinegar**. Season to taste.

**Little cooks:** Help toss the slaw.

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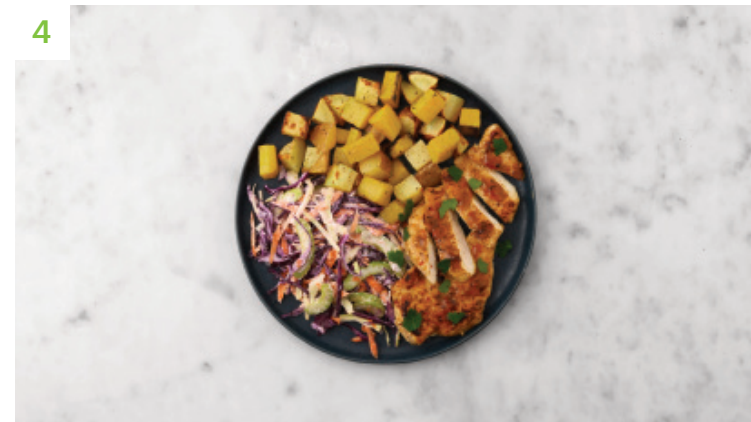


## Cook the chicken

- Meanwhile, place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **Southeast Asian spice blend** and a drizzle of **olive oil**. Add **chicken** and toss to coat.
- When the potato has **10 minutes** remaining, heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **chicken**, tossing occasionally, until browned and cooked through, **3-5 minutes** each side.
- Remove pan from heat, then add **sweet chilli sauce** and the **soy sauce**, turning **chicken** to coat.

**Custom Recipe:** If you've doubled your chicken breast, flavour in a large bowl. Cook in batches for best results.

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## Serve up

- Slice the chicken.
- Divide sweet chilli-soy glazed chicken, celery slaw and roast potato chunks between plates.
- Tear over **parsley** leaves to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)