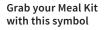


Southeast Asian Chicken & Coconut Sauce

with Soy-Garlic Greens & Roast Pumpkin

KID FRIENDLY

CLIMATE SUPERSTAR







Peeled Pumpkin







Green Beans



Asian Greens





Southeast Asian

Ginger Paste

Spring Onion



Chicken Breast





Coconut Milk



Recipe Update

We've replaced the coriander in this recipe with spring onion due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 25-35 mins Ready in: 35-45 mins

Eat Me Early



This simple yet stunning meal is sure to amaze and delight. It's the perfect combination of tender chicken with an aromatic ginger and coconut sauce and sweet roasted pumpkin.

Olive Oil, Soy Sauce, Brown Sugar

Pantry items

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

Two oven trays lined with baking paper \cdot Large frying pan

Ingredients

ingi caicites			
2 People	4 People		
refer to method	refer to method		
1 medium packet	1 large packet		
3 cloves	6 cloves		
1 small packet	1 medium packet		
1 packet	2 packets		
1 stem	2 stems		
1 medium sachet	1 large sachet		
1 medium packet	2 medium packets OR 1 large packet		
½ tbs	1 tbs		
1 medium packet	1 large packet		
1 medium packet	2 medium packets		
1 tsp	2 tsp		
½ tbs	1 tbs		
1 medium packet	2 medium packets OR 1 large packet		
	refer to method 1 medium packet 3 cloves 1 small packet 1 packet 1 stem 1 medium sachet 1 medium packet 1 medium packet 1 medium packet 1 tsp 1/2 tbs		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1767kJ (422Cal)	272kJ (65Cal)
Protein (g)	47.9g	7.4g
Fat, total (g)	25.3g	3.9g
- saturated (g)	16.3g	2.5g
Carbohydrate (g)	26.2g	4g
- sugars (g)	15.6g	2.4g
Sodium (mg)	823mg	127mg
Dietary Fibre (g)	8.9g	1.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2538kJ (607Cal)	307kJ (73Cal)
Protein (g)	86.8g	10.5g
Fat, total (g)	28.6g	3.5g
- saturated (g)	17.3g	2.1g
Carbohydrate (g)	27.2g	3.3g
- sugars (g)	15.7g	1.9g
Sodium (mg)	958mg	116mg
Dietary fibre	8.9g	1.1g

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





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, season with salt and toss to coat.
- Spread out evenly, then roast until tender,
 12-15 minutes.



Get prepped

- While the veggies are roasting, finely chop garlic.
 Trim green beans. Roughly chop Asian greens.
 Thinly slice spring onion.
- In a medium bowl, combine Southeast Asian spice blend and a drizzle of olive oil. Season, then add the chicken breast and a pinch of salt.

Custom Recipe: If you've doubled your chicken breast, flavour in a large bowl.



Cook the chicken

- In a large frying pan, heat a drizzle of olive oil over a medium-high heat. Cook chicken until browned. 2 minutes each side.
- Transfer the **chicken** to a second lined oven tray and bake until cooked through, **8-12 minutes**.

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

Custom Recipe: Brown chicken in batches and spread over two trays for best results.



Cook the veggies

- While the chicken is baking, wipe out frying pan and return to medium-high heat with a drizzle of olive oil. Cook green beans, tossing until tender, 3-4 minutes
- Add **Asian greens** and half the **garlic** then cook, tossing, until just wilted, **1-2 minutes**.
- Add the soy sauce (for the veggies) and stir to combine. Transfer to a bowl.

TIP: Add a dash of water to help speed up the cooking process.



Make the coconut sauce

- Return frying pan to medium-high heat with a drizzle of olive oil. Cook remaining garlic and ginger paste, stirring, until fragrant, 1 minute.
- Add coconut milk, the brown sugar and soy sauce (for the sauce). Stir to combine and simmer until slightly reduced, 2-3 minutes.



Serve up

- Slice Southeast Asian-spiced chicken.
- Divide roasted pumpkin, soy garlic greens and chicken between plates.
- Pour over the coconut sauce. Sprinkle over spring onion to serve. Enjoy!



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