



Sweet-Soy Chicken & Roast Pumpkin Salad

with Peanuts & Mayo Drizzle

Grab your Meal Kit with this symbol



Red Onion



Carrot



Peeled & Chopped Pumpkin



Garlic



Ginger



Chicken Breast



Mayonnaise



Tomato



Mixed Salad Leaves



Roasted Peanuts

Hands-on: 25-35 mins
Ready in: 35-45 mins

Carb Smart

Eat Me Early

The magic in this dish is the juicy chicken breast, perfectly caramelised with a honey-soy sauce and then topped with a mayo drizzle. Add a nourishing roast veggie salad and crunchy peanuts in the mix, and you've got an Asian-inspired meal in no time!

Pantry items

Olive Oil, Soy Sauce, Honey, Rice Wine Vinegar

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1 (medium)	1 (large)
carrot	1	2
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
garlic	2 cloves	4 cloves
ginger	1 knob	2 knob
chicken breast	1 packet	1 packet
soy sauce*	2½ tbs	½ cup
honey*	1 tbs	2 tbs
mayonnaise	1 packet (40g)	1 packet (100g)
water*	1 tsp	2 tsp
tomato	1	2
rice wine vinegar*	drizzle	drizzle
mixed salad leaves	1 bag (60g)	1 bag (120g)
roasted peanuts	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2313kJ (553Cal)	414kJ (99Cal)
Protein (g)	41.6g	7.4g
Fat, total (g)	28.8g	5.2g
- saturated (g)	5g	0.9g
Carbohydrate (g)	29.9g	5.4g
- sugars (g)	20.6g	3.7g
Sodium (mg)	1280mg	229mg
Dietary Fibre (g)	7.9g	1.4g

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Slice the **red onion** into wedges. Thinly slice the **carrot** into rounds.



Cook the chicken

When the veggies have **10 minutes** cook time remaining, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **chicken** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded). Reduce the heat to low, then add the **honey-soy mixture** and simmer until just thickened, **1-2 minutes**.

TIP: The marinade will darken and caramelize, this adds to the flavour!

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



Roast the veggies

Place the **peeled & chopped pumpkin, onion and carrot** on a lined oven tray. Drizzle with **olive oil** and season with **salt and pepper**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**. Allow to cool slightly.

TIP: If your oven tray is crowded, divide between two trays.



Make the salad

While the chicken is cooking, combine the **mayonnaise** and the **water** in a small bowl. Set aside. Roughly chop the **tomato**. In a large bowl, combine a drizzle of **rice wine vinegar** and **olive oil**. Season. Add the **roasted veggies, tomato** and **mixed salad leaves** and toss to coat.



Prep the chicken

While the veggies are roasting, finely chop the **garlic**. Finely grate the **ginger**. Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks. In a medium bowl, combine the **garlic, ginger, soy sauce** and **honey**.



Serve up

Slice the honey-soy chicken. Divide the roast pumpkin salad between plates and top with the chicken. Spoon over any remaining marinade from the pan and drizzle over the mayo. Sprinkle with the **roasted peanuts** to serve.

Enjoy!