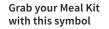


Satay Chicken & Coconut-Makrut Lime Sauce

with Roast Pumpkin & Mixed Leaf Salad

NEW













Red Onion



Makrut Lime



Leaves





Chicken Tenderloins



Coconut Milk



Mixed Salad Leaves







Eat Me Early



Sometimes only a big pumpkin salad will do. With the additions of satay chicken and a coconut-makrut lime sauce, you'll be at the bottom of the bowl in no time.



Olive Oil, Brown Sugar, Soy Sauce, 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

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
pumpkin	1 medium	1 large		
carrot	1	2		
red onion	1	2		
garlic	1 clove	2 cloves		
makrut lime leaves	2 leaves	4 leaves		
satay seasoning	1 medium sachet	2 medium sachets		
chicken tenderloins	1 small packet	2 small packets OR 1 large packet		
coconut milk	1 packet	2 packets		
brown sugar*	1 tsp	2 tsp		
soy sauce*	½ tbs	1 tbs		
mixed salad leaves	1 medium bag	1 large bag		
vinegar* (white wine or rice wine)	drizzle	drizzle		
chicken tenderloins**	1 small packet	2 small packets OR 1 large packet		
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^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2333kJ (558Cal)	323kJ (77Cal)
Protein (g)	46.8g	6.5g
Fat, total (g)	24.9g	3.4g
- saturated (g)	16.3g	2.3g
Carbohydrate (g)	36.1g	5g
- sugars (g)	27.6g	3.8g
Sodium (mg)	839mg	116mg
Dietary Fibre (g)	12.5g	1.7g
Custom Recipe		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3048kJ (728Cal)	343kJ (82Cal)
Protein (g)	83.4g	9.4g
Fat, total (g)	27.3g	3.1g
- saturated (g)	17.1g	1.9g
Carbohydrate (g)	36.1g	4.1g
- sugars (g)	27.6g	3.1g
Sodium (mg)	909mg	102mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.





Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Cut pumpkin and carrot into bite-sized chunks. Slice **red onion** into wedges.
- Place veggies and onion on a lined oven tray. Season with salt and drizzle with olive oil and toss to coat.
- · Roast until tender, 20-25 minutes. Allow to cool slightly.

TIP: Peel the pumpkin if you prefer!



Get prepped

- Meanwhile, finely chop the garlic.
- Thinly slice makrut lime leaves.
- In a medium bowl, combine satay seasoning and a drizzle of olive oil. Add chicken tenderloins, tossing to coat.

TIP: Makrut lime leaves are fibrous in texture, so make sure to slice them as finely as possible!

Custom Recipe: If you've doubled your chicken tenderloins, add an extra drizzle of olive oil to the medium bowl. Coat as above.



Cook the chicken

- In a large frying pan, heat a drizzle of olive oil over medium-high heat.
- Cook chicken tenderloins until browned and cooked through, **3-4 minutes** each side. Transfer to a plate.

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

Custom Recipe: Cook chicken in batches for the best results.



Make the coconut sauce

- Wipe out frying pan to and return to medium-high heat with a drizzle of olive oil. Cook garlic and makrut lime leaves, stirring, until fragrant, 1 minute.
- · Reduce heat to low, then add coconut milk, the brown sugar and the soy sauce. Stir to combine and simmer until reduced slightly, 2-3 minutes.



Bring it together

· To the tray with the roasted veggies, add mixed salad leaves and a drizzle of the vinegar and gently toss to combine. Season to taste.



Serve up

- Slice the chicken if preferred.
- Divide roast pumpkin salad between bowls then top with satay chicken.
- Spoon over coconut-makrut lime sauce. Enjoy!



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate