



Satay Chicken & Coconut-Makrut Lime Sauce

with Roast Pumpkin & Mixed Leaf Salad

NEW

Grab your Meal Kit with this symbol



Pumpkin



Carrot



Red Onion



Garlic



Makrut Lime Leaves



Satay Seasoning



Chicken Tenderloins



Coconut Milk



Mixed Salad Leaves



Chicken Tenderloins

Prep in: 25-35 mins
Ready in: 30-40 mins



Carb Smart*

*Custom recipe is not Carb Smart



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.

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

Pantry items

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

	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

*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.

We're here to help!

Scan here if you have any questions or concerns



1



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!

4



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**.

2



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.

5



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.

3



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.

6



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!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate