



Asian-Style Roast Pumpkin & Radish Salad

with Crunchy Noodles & Japanese Dressing

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Pumpkin



Sweet Soy Seasoning



Cucumber



Red Radish



Long Chilli (Optional)



Deluxe Salad Mix



Mixed Salad Leaves



Garlic Aioli



Japanese Style Dressing



Crunchy Fried Noodles



Chicken Thigh

Prep in: 15-25 mins
Ready in: 30-40 mins



Calorie Smart*

*Custom Recipe is not Calorie Smart



Eat Me Early*

*Custom Recipe only

Keeping the calories in check has never been so tasty as it is in this dish! Sweet soy pumpkin does the most with a crunchy noodles and when paired with some stellar additions, how could anyone pass up on this delight?

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

Pantry items

Olive Oil

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pumpkin	1 medium	1 large
sweet soy seasoning	1 sachet	2 sachets
cucumber	1	2
red radish	1	2
long chilli  (optional)	½	1
deluxe salad mix	1 medium bag	1 large bag
mixed salad leaves	1 small bag	1 medium bag
garlic aioli	1 medium packet	1 large packet
Japanese style dressing	1 packet	2 packets
crunchy fried noodles	1 packet	2 packets
chicken thigh**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2003kJ (479Cal)	379kJ (91Cal)
Protein (g)	10.6g	2g
Fat, total (g)	29g	5.5g
- saturated (g)	3g	0.6g
Carbohydrate (g)	42.6g	8.1g
- sugars (g)	26.3g	5g
Sodium (mg)	1236mg	234mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2831kJ (677Cal)	408kJ (98Cal)
Protein (g)	40.9g	5.9g
Fat, total (g)	37.4g	5.4g
- saturated (g)	5.5g	0.8g
Carbohydrate (g)	42.6g	6.1g
- sugars (g)	26.3g	3.8g
Sodium (mg)	1338mg	193mg

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 pumpkin

- Preheat oven to **220°C/200°C fan-forced**. Cut **pumpkin** into thin wedges.
- Place **pumpkin** on a lined oven tray. Sprinkle with **sweet soy seasoning** and drizzle with **olive oil**. Toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: Peel the pumpkin if you prefer!

Custom Recipe: If you've swapped to chicken thigh, in a medium bowl, combine chicken, sweet soy seasoning and a drizzle of olive oil. Transfer to a lined oven tray and bake until cooked through (when no longer pink inside), 14-16 minutes.

3



Toss the salad

- Just before serving, in a large bowl, combine **deluxe salad mix**, **mixed salad leaves**, **cucumber**, **red radish**, **garlic aioli** and **Japanese style dressing**. Season.

2



Prep the veggies

- Meanwhile, thinly slice **cucumber** into rounds.
- Thinly slice **red radish** and **long chilli** (if using).

4



Serve up

- Divide radish salad between bowls.
- Top with Asian-style roast pumpkin, **crunchy fried noodles** and **chilli** to serve. Enjoy!

Rate your recipe

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