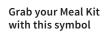


Asian-Style Roast Pumpkin & Radish Salad with Crunchy Noodles & Japanese Dressing

CLIMATE SUPERSTAR











Sweet Soy Seasoning





Cucumber





Red Radish

(Optional)



Leaves



Noodles



Japanese Style Dressing



Crunchy Fried





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

Eat Me Early* *Custom Recipe only

Calorie Smart* *Custom Recipe is not Calorie Smart

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?

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)	1/2	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.



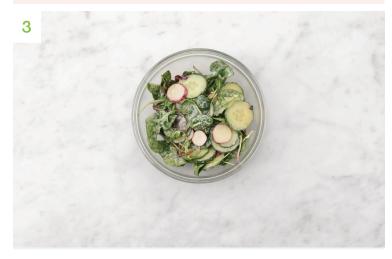


Roast the pumpkin

- 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.

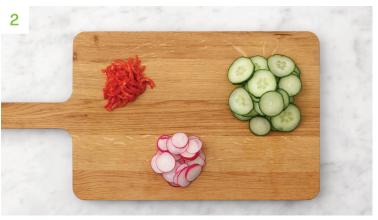
TIP: Peel the pumpkin if you prefer!

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.



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.



Prep the veggies

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



Serve up

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

Our Culinary team is waiting for your feedback!
Let them know what you thought: hellofresh.com.au/rate