



All-American Honey Chicken

with Roast Sweet Potato Chunks & Spring Onion Sour Cream

CUSTOMER FAVOURITE

KID FRIENDLY

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Sweet Potato



Chicken-Style Stock Powder



All-American Spice Blend



Chicken Thigh



Spring Onion



Light Sour Cream



Snacking Tomatoes



Deluxe Salad Mix



Chicken Breast

Prep in: 20-30 mins
Ready in: 35-45 mins

Calorie Smart

Eat Me Early

We've teamed tonight's winner chicken dinner with our new favourite seasoning for roasted sweet potatoes. Complete the dish with a cherry tomato-adorned salad for a touch of sweetness and acidity, plus sour cream for some tang.

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

Pantry items

Olive Oil, Honey, White Wine Vinegar

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
sweet potato	2	4
chicken-style stock powder	1 medium sachet	1 large sachet
All-American spice blend	1 medium sachet	2 medium sachets
water*	1 tbs	2 tbs
chicken thigh	1 small packet	2 small packets OR 1 large packet
honey*	2 tbs	¼ cup
spring onion	1 stem	2 stems
light sour cream	1 medium packet	1 large packet
snacking tomatoes	1 punnet	2 punnets
white wine vinegar*	drizzle	drizzle
deluxe salad mix	1 medium bag	1 large bag
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2244kJ (536Cal)	371kJ (89Cal)
Protein (g)	38g	6.3g
Fat, total (g)	15.7g	2.6g
- saturated (g)	6.6g	1.1g
Carbohydrate (g)	58.5g	9.7g
- sugars (g)	36.9g	6.1g
Sodium (mg)	991mg	164mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2169kJ (518Cal)	359kJ (86Cal)
Protein (g)	41.6g	6.9g
Fat, total (g)	11.9g	2g
- saturated (g)	5.5g	0.9g
Carbohydrate (g)	58.5g	9.7g
- sugars (g)	36.9g	6.1g
Sodium (mg)	973mg	161mg

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



Roast the sweet potato

- Preheat oven to **240°C/220°C fan forced**.
- Cut **sweet potato** into bite-sized chunks.
- Place **sweet potato** on a lined oven tray. Drizzle with **olive oil**, sprinkle over **chicken-style stock powder** and season with **pepper**. Toss to coat. Roast until tender, **20-25 minutes**.

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



Make the spring onion sour cream

- While chicken is cooking, thinly slice **spring onion**.
- In a small bowl, combine **light sour cream** and **spring onion**. Season with **salt** and **pepper** to taste.



Get prepped

- Meanwhile, in a medium bowl, combine a drizzle of **olive oil**. Add **chicken thigh**. Season with **pepper**, then toss to coat.

Little cooks: Help toss the chicken in the spice blend.

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks. Coat chicken steaks in spice blend as above.



Make the salad

- Halve **snacking tomatoes**.
- In a large bowl, combine a drizzle of **white wine vinegar** and **olive oil**. Season, then add **tomatoes** and **deluxe salad mix**. Toss to coat.



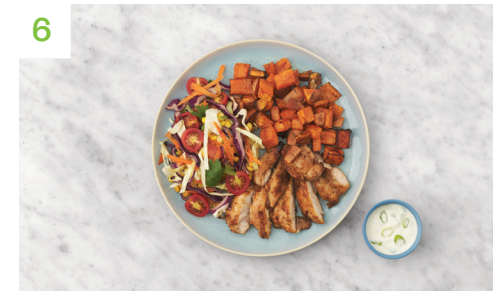
Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium heat. Cook **chicken**, turning occasionally, until browned and cooked through, **10-14 minutes**.
- Remove from heat, then add the **honey**, turning the **chicken** until well coated.

TIP: The spice blend will char slightly in the pan. This adds to the flavour!

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

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken steaks in batches, until cooked through, 3-6 minutes each side (when no longer pink inside). Remove from heat then add the honey, turning to coat.



Serve up

- Divide All-American honey chicken, roast sweet potatoes and salad between plates.
- Spoon any juices from the pan over chicken.
- Serve with spring onion sour cream. Enjoy!

Rate your recipe

Our Culinary team is waiting for your feedback!

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