



Sweet & Sticky Plum Chicken

with Roast Veggie Salad & Flaked Almonds

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Red Onion



Tomato



Carrot



Sweet Potato



Chicken Breast



Sweet Soy Seasoning



Plum Sauce



Baby Spinach Leaves



Flaked Almonds



Chicken Breast

Prep in: 25-35 mins
Ready in: 35-45 mins



Calorie Reduced*

*Custom recipe is not Calorie Reduced



Eat Me Early

A good way to enhance any dish, is by adding in a new condiment that you ordinarily never use. We've done the hard work for you, dousing crispy chicken with a sticky plum sauce. This one has the perfect sweetness to sourness ratio that will definitely become a new family favourite.

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

Pantry items

Olive Oil, 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 · Medium frying pan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1	2
tomato	1	2
carrot	1	2
sweet potato	1	2
chicken breast	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	1 medium sachet	2 medium sachets
plum sauce	1 medium packet	2 medium packets
baby spinach leaves	1 medium packet	1 large packet
vinegar* (white wine or rice wine)	drizzle	drizzle
flaked almonds	1 medium packet	1 large packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2008kJ (480Cal)	369kJ (88Cal)
Protein (g)	42.7g	7.9g
Fat, total (g)	10.8g	2g
- saturated (g)	1.8g	0.3g
Carbohydrate (g)	52g	9.6g
- sugars (g)	18g	3.3g
Sodium (mg)	1060mg	195mg
Dietary Fibre (g)	10g	1.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2724kJ (651Cal)	384kJ (92Cal)
Protein (g)	79.4g	11.2g
Fat, total (g)	13.3g	1.9g
- saturated (g)	2.6g	0.4g
Carbohydrate (g)	52.1g	7.4g
- sugars (g)	18g	2.5g
Sodium (mg)	1129mg	159mg
Dietary Fibre (g)	10.2g	1.4g

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



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Slice **red onion** and **tomato** into wedges.
- Cut **carrot** and **sweet potato** into bite-sized chunks.

4



Cook the chicken

- When the veggies have **10 minutes** cook time remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **chicken**, turning, until browned and cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).
- Add **plum sauce**, turning to coat, **1 minute**.

TIP: The marinade will darken and caramelize, this adds to the flavour!

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

2



Roast the veggies

- Place **onion**, **carrot** and **sweet potato** on a lined oven tray.
- Drizzle with **olive oil** and season with **salt** and **pepper**. Spread out evenly, then roast until tender, **20-25 minutes**. Allow to cool slightly.

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

5



Make the salad

- When the veggies are done, add **tomato**, **baby spinach leaves** and a drizzle of **vinegar** and **olive oil** to the tray. Toss to coat. Season with **salt** and **pepper**.

3



Prep the chicken

- Meanwhile, place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **sweet soy seasoning**, **chicken**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.

Custom Recipe: If you've doubled your chicken breast, prepare chicken in a large bowl and cook as above.

6



Serve up

- Slice chicken.
- Divide roast veggie salad and sweet and sticky plum chicken between plates.
- Spoon over any remaining sauce from the pan.
- Top with **flaked almonds** to serve. Enjoy!

Rate your recipe

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