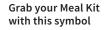


Sweet & Sticky Plum Chicken with Roast Veggie Salad & Flaked Almonds

CLIMATE SUPERSTAR













Carrot



Sweet Potato



Chicken Breast



Sweet Soy

Seasoning



Plum Sauce



Baby Spinach

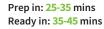
Leaves



Flaked Almonds







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.

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 \cdot Medium frying pan \cdot Large frying pan

Ingredients

9			
	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	
* Denter Home ** Custom Desire Ingredient			

^{*}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	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





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.



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.



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.



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 caramelise, this adds to the flavour!

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



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.



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!

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate