



HOISIN CHICKEN & VEGETABLE TRAY BAKE

with Roasted Cashews



Make an Asian chicken tray bake



Garlic



Broccoli



Chicken Thigh



Hoisin Sauce



Basmati Rice



Carrot



Red Capsicum



Long Red Chilli (Optional)



Roasted Cashews



Black Sesame Seeds

Hands-on: **20** mins
Ready in: **35** mins

Eat me early

Naturally gluten-free
Not suitable for Coeliacs

Spicy (optional long red chilli)

What's as fuss free as going to your local Chinese restaurant...!? Not much, but we reckon this simple hoisin chicken bake comes close... It's cooked in a jiffy, it's big on flavour and best of all, the mess is minimal.

Pantry Staples: Olive Oil, Honey, Soy Sauce (or Gluten-Free Tamari Soy Sauce), Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **two oven trays** lined with **baking paper**



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **garlic** (or use a garlic press). Cut the **broccoli** into 2cm florets and roughly chop the stems. Slice the **chicken thigh** into 1cm thick strips. In a medium bowl, mix together the **hoisin sauce**, **honey**, **soy sauce**, **1/3** of the garlic and a **drizzle** of **olive oil**.



2 COOK THE GARLIC RICE

In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add the **remaining garlic** and cook for **1 minute**, or until golden and fragrant. Add the **basmati rice**, the **water** and the **salt** to the pan and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered for **10 minutes**, or until the rice is tender and the water has absorbed. **TIP:** The rice will finish cooking in its own steam so don't peek!



3 FLAVOUR BROCCOLI & CHICKEN

While the rice is cooking, transfer **1/2** the **hoisin-garlic sauce** to a small bowl and set aside until Step 6. Add the **broccoli** to the sauce in the medium bowl and toss to coat. Arrange the broccoli over half an oven tray lined with baking paper, leaving some sauce in the bowl. Add the **chicken** to the same medium bowl and toss to coat in any remaining sauce, then transfer to the other half of the oven tray. **TIP:** Baking the chicken and broccoli separately on the tray allows the chicken to brown and caramelize.



4 PREP THE VEGGIES

Chop the **carrot** (unpeeled) into thin half-moons. Thinly slice the **red capsicum**. Transfer the carrot and red capsicum to a second oven tray lined with baking paper. **Drizzle** with **olive oil**, season with a **pinch** of **salt** and **pepper** and toss to coat.



5 BAKE THE CHICKEN & VEGGIES

Bake both trays for **15-20 minutes**, or until the chicken is cooked through and veggies are tender. **TIP:** The chicken is cooked when it is no longer pink in the centre. **TIP:** The veggies will char slightly in the oven but this adds a delicious smoky flavour! While the chicken and veggies are baking, thinly slice the **long red chilli** (if using).



6 SERVE UP

Divide the garlic rice between plates and top with the hoisin chicken and vegetables. Spoon over the reserved hoisin-garlic sauce and any sauce left on the tray. Top with the **roasted cashews**. Sprinkle over the **black sesame seeds** (see ingredients list) and long red chilli (if using).

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
broccoli	1 head	2 heads
chicken thigh	1 packet	1 packet
hoisin sauce	1 sachet (75 g)	2 sachets (150 g)
honey*	2 tsp	1 tbs
soy sauce* (or gluten-free tamari soy sauce)	1 tbs	2 tbs
butter*	20 g	40 g
basmati rice	1 packet	2 packets
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
carrot	1	2
red capsicum	1	2
long red chilli (optional)	1	2
roasted cashews	1 packet	2 packets
black sesame seeds	½ sachet	1 sachet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3680kJ (879Cal)	600kJ (143Cal)
Protein (g)	51.0g	8.3g
Fat, total (g)	30.7g	5.0g
- saturated (g)	10.9g	1.8g
Carbohydrate (g)	93.0g	15.2g
- sugars (g)	29.2g	4.8g
Sodium (g)	1660mg	270mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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