



Sesame Baked Chicken

with Miso Pumpkin Wedges & Pear Salad

Grab your Meal Kit with this symbol



Ginger



Garlic



Miso Paste



Butternut Pumpkin



Chicken Breast



Mixed Sesame Seeds



Cucumber



Pear



Cherry Tomatoes



Mixed Salad Leaves

Hands-on: 30-40 mins
Ready in: 40-50 mins

Eat me early

Calorie Smart

Miso, the umami-rich Japanese ingredient, gets a starring role in this coating for pumpkin wedges. Add sesame-coated chicken and a crisp pear salad for a winning nutritionally balanced meal.

Pantry items

Olive Oil, Soy Sauce, Honey, Rice Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
ginger	1 knob	2 knobs
garlic	3 cloves	6 cloves
miso paste	1 tub	2 tubs
butternut pumpkin	1 (medium)	1 (large)
soy sauce*	2 tsp	1 tbs
honey*	2 tsp	1 tbs
chicken breast	1 small packet	1 large packet
mixed sesame seeds	1 sachet	2 sachets
cucumber	1	2
pear	½	1
cherry tomatoes	1 punnet	2 punnets
rice wine vinegar*	2 tsp	1 tbs
mixed salad leaves	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2199kJ (525Cal)	299kJ (71Cal)
Protein (g)	43.5g	5.9g
Fat, total (g)	20.3g	2.8g
- saturated (g)	4.4g	0.6g
Carbohydrate (g)	35.8g	4.9g
- sugars (g)	27.4g	3.7g
Sodium (mg)	1136mg	155mg

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.



Prep the pumpkin

Preheat the oven to **220°C/200°C fan-forced**. Finely grate the **ginger** and **garlic**. In a small bowl combine 1/2 the **ginger**, 1/2 the **garlic**, 1/2 the **miso paste** and a drizzle of **olive oil**. Slice the **butternut pumpkin** into 1cm wedges.

TIP: Peel the pumpkin if you prefer!



Roast the miso pumpkin

Place the **pumpkin** on an oven tray lined with baking paper. Evenly rub the **miso mixture** on the **pumpkin** wedges and season with **pepper**. Spread in a single layer and roast until tender, **25-30 minutes**.



Prep the chicken

In a medium bowl, combine the **soy sauce** and **honey** with the remaining **garlic**, **ginger** and **miso paste**. Add the **chicken breast** and toss until well coated. Transfer to a second oven tray lined with baking paper, spoon over any excess marinade and sprinkle over the **sesame seeds**.



Bake the chicken

Bake the **chicken** until cooked through, **16-20 minutes** (depending on thickness). Set aside to rest.

TIP: The chicken is cooked through when it's no longer pink in the middle.



Make the salad

While the chicken is baking, thinly slice the **cucumber** into half-moons. Thinly slice the **pear** (see ingredients). Halve the **cherry tomatoes**. In a large bowl, combine the **rice wine vinegar** with a drizzle of **olive oil**. Add the **cucumber**, **pear**, **cherry tomatoes** and **mixed salad leaves**. Toss to coat and season to taste.



Serve up

Slice the chicken. Divide the miso pumpkin wedges and sesame baked chicken between plates. Pour any resting juices over the chicken. Serve with the pear salad.

Enjoy!