



Asian Chicken & Roast Veggie Salad

with Sichuan Garlic Mayo

Grab your Meal Kit
with this symbol



Chicken Breast



Butternut
Pumpkin



Cauliflower



Tomato



Mayonnaise



Sichuan Garlic
Paste



Asian Mixed
Leaves



Crispy Shallots



Hands-on: **20-30** mins
Ready in: **30-40** mins



Low Calorie



Eat me early

The magic in this dish is the juicy chicken breast, perfectly browned and then drizzled with our tasty Sichuan garlic mayo. Add a nourishing roasted salad and crispy shallots in the mix, and you've got an Asian-inspired meal in no time!

*Unfortunately, this week's chicken thigh was in short supply, so we've replaced it with chicken breast.
Don't worry, the recipe will be just as delicious!*

Pantry items

Olive Oil, Soy Sauce, Plain Flour,
Vinegar (White Wine or Rice Wine)

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
soy sauce*	2 tsp	1 tbs
chicken breast	1 packet	1 packet
butternut pumpkin	1	1
cauliflower	1 portion (200g)	1 portion (400g)
tomato	1	2
mayonnaise	1 packet (40g)	1 packet (100g)
Sichuan garlic paste	½ tub	1 tub
water*	2 tsp	1 tbs
plain flour*	2 tbs	4 tbs
vinegar* (white wine or rice wine)	2 tsp	1 tbs
Asian mixed leaves	1 bag (60g)	1 bag (120g)
crispy shallots	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2140kJ (510Cal)	308kJ (74Cal)
Protein (g)	42.7g	6.2g
Fat, total (g)	21.2g	3.1g
- saturated (g)	5.8g	0.8g
Carbohydrate (g)	33.6g	4.8g
- sugars (g)	22.4g	3.2g
Sodium (g)	588mg	85mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Marinate the chicken

Preheat the oven to **220°C/200°C fan-forced**. Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. In a medium bowl, combine the **soy sauce** and **chicken** steaks.



2. Roast the veggies

While the chicken is marinating, cut the **butternut pumpkin** in half to remove the seeds, then cut into 2cm chunks. Chop the **cauliflower** into small chunks and roughly chop the stalk. Place the **pumpkin, cauliflower, a drizzle of olive oil** and a **pinch of salt and pepper** on an oven tray lined with baking paper. Toss to coat, then bake until tender, **20-25 minutes**.

TIP: Cut the veggies to the correct size so they cook in the allocated time.



3. Get prepped

While the veggies are roasting, roughly chop the **tomato**. In a small bowl, combine the **mayonnaise, Sichuan garlic paste** and **water**. In a medium bowl, combine the **plain flour** and a **pinch of pepper**.



4. Cook the chicken

When the veggies have **10 minutes** cook time remaining, add each **chicken** to the seasoned **flour** and toss to coat. Heat a large frying pan to a medium-high heat with a **good drizzle of olive oil**. Add the **chicken** and cook until cooked through, **3-5 minutes** each side (depending on thickness).

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



5. Finish the salad

Allow the roasted veggies to cool slightly. In a large bowl, combine the **vinegar (white wine or rice wine)**, a **small drizzle of olive oil** and a **pinch of salt and pepper**. Add the **Asian mixed leaves, tomato** and **roasted veggies**.



6. Serve up

Thickly slice the chicken. Divide the roast veggie salad between bowls and top with the chicken. Drizzle over the Sichuan garlic mayo and sprinkle over the **crispy shallots**.

TIP: For the low-calorie option, serve with 1/2 Sichuan garlic mayo.

Enjoy!