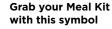


# Asian Chicken & Roast Veggie Salad

with Sichuan Garlic Mayo









**Chicken Breast** 



Butternut Pumpkin



Cauliflower



Tomato



Mayonnaise



Sichuan Garlic **Paste** 



**Asian Mixed** Leaves

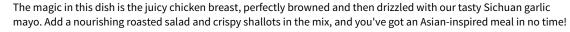


**Crispy Shallots** 

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

Eat me early





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!



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
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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

<sup>\*</sup>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 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!**