



Thai-Style Chicken & Roast Sweet Potato Salad

with Ginger Dressing & Peanuts

Grab your Meal Kit with this symbol



Sweet Potato



Ginger



Garlic



Lime



Pear



Cherry Tomatoes



Coriander



Chicken Thigh



Thai Seven Spice Blend



Sesame Oil Blend



Mixed Salad Leaves



Crushed Peanuts

Hands-on: 25-35 mins
 Ready in: 40-50 mins

Eat me early

Calorie Smart

Make way for this hearty main meal salad in your dinner rotation. With mildly spiced chicken and a fragrant hot oil dressing, this plate of bountiful greens and sweet potato will change the way you look at veggies!

Pantry items

Olive Oil, Soy Sauce, Brown Sugar, Rice Wine Vinegar (or White 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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
ginger	1 knob	2 knobs
garlic	½ clove	1 clove
lime	1	2
pear	1	2
cherry tomatoes	1 punnet	2 punnets
coriander	1 bunch	1 bunch
chicken thigh	1 small packet	1 large packet
Thai seven spice blend	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
sesame oil blend	1 tub	2 tubs
soy sauce*	2 tsp	1 tbs
brown sugar*	2 tsp	1 tbs
rice wine vinegar* (or white wine vinegar)	2 tsp	1 tbs
mixed salad leaves	1 bag (60g)	1 bag (120g)
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2684kJ (641Cal)	421kJ (100Cal)
Protein (g)	41.7g	6.5g
Fat, total (g)	29g	4.6g
- saturated (g)	5.4g	0.8g
Carbohydrate (g)	47.6g	7.5g
- sugars (g)	25.2g	4g
Sodium (mg)	886mg	139mg

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.



Roast the sweet potato

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm chunks. Place on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**. Allow to cool slightly.

TIP: Cut the sweet potato to size so it cooks in time.



Get prepped

While the sweet potato is roasting, finely grate the **ginger** and the **garlic** (see ingredients). Zest the **lime** to get a generous pinch, then cut into wedges. In a medium bowl, combine the **ginger**, **garlic** and **lime zest** and set aside. Thinly slice the **pear**. Halve the **cherry tomatoes**. In a separate medium bowl, combine the **chicken thigh**, **Thai seven spice blend**, the **salt** and a drizzle of **olive oil**.



Make the dressing

Place a large frying pan over a high heat with the **sesame oil blend**. Heat until just smoking, **1 minute**. Carefully pour the **oil** over the **ginger mixture** in the medium bowl. Add the **soy sauce**, **brown sugar**, a generous squeeze of **lime juice** and the **rice wine vinegar** to the **ginger garlic mixture** and mix well to combine.

TIP: The hot oil will bubble up and cook the garlic and ginger.



Cook the chicken

Return the frying pan to a medium-high heat. Cook the **chicken thigh**, turning occasionally, until browned and cooked through, **10-14 minutes**. Remove from the heat.

TIP: Don't worry if the spice blend chars a little in the pan, this adds to the flavour!



Dress the salad

Add the **pear**, **cherry tomatoes**, **sweet potato** and **mixed salad leaves** to the **ginger dressing**. Toss well to coat. Roughly chop the **coriander**.



Serve up

Slice the chicken. Divide the salad between plates and top with the chicken. Spoon over any chicken resting juices. Sprinkle with the **crushed peanuts** and coriander. Serve with the remaining lime wedges.

Enjoy!