



# Hoisin-Glazed Chicken & Soy Mayo

with Sesame Roasted Veggies & Radish Salad

Grab your Meal Kit with this symbol



Baby Broccoli



Courgette



Mixed Sesame Seeds



Radish



Cucumber



Carrot



Garlic



Chicken Breast



Hoisin Sauce



Mayonnaise



Crispy Shallots

Hands-on: **15-25 mins**  
Ready in: **30-40 mins**

Eat Me Early

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

### Pantry items

Olive Oil, Honey, Soy Sauce, Sesame Oil (Optional), 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

|                        | 2 People        | 4 People         |
|------------------------|-----------------|------------------|
| olive oil*             | refer to method | refer to method  |
| baby broccoli          | 1 bag           | 1 bag            |
| courgette              | 1               | 2                |
| mixed sesame seeds     | 1 sachet        | 1 sachet         |
| radish                 | 2               | 4                |
| cucumber               | 1 (medium)      | 1 (large)        |
| carrot                 | 1               | 2                |
| garlic                 | 2 cloves        | 4 cloves         |
| chicken breast         | 1 packet        | 1 packet         |
| hoisin sauce           | 1 packet (75g)  | 2 packets (150g) |
| honey*                 | ½ tbs           | 1 tbs            |
| soy sauce*             | 1 tsp           | 2 tsp            |
| mayonnaise             | 1 packet (40g)  | 1 packet (80g)   |
| sesame oil* (optional) | ½ tbs           | 1 tbs            |
| rice wine vinegar*     | 1 tsp           | 2 tsp            |
| crispy shallots        | 1 packet        | 1 packet         |

\*Pantry Items

## Nutrition

| Avg Qty          | Per Serving     | Per 100g      |
|------------------|-----------------|---------------|
| Energy (kJ)      | 2350kJ (562Cal) | 381kJ (91Cal) |
| Protein (g)      | 36.4g           | 5.9g          |
| Fat, total (g)   | 28.2g           | 4.6g          |
| - saturated (g)  | 6.2g            | 1g            |
| Carbohydrate (g) | 37.5g           | 6.1g          |
| - sugars (g)     | 23.5g           | 3.8g          |
| Sodium (mg)      | 1309mg          | 212mg         |

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Roast the sesame veggies

- Preheat oven to **240°C/220°C fan-forced**. Halve **baby broccoli** lengthways. Thinly slice **courgette** into rounds.
- Place **baby broccoli** and **courgette** on a lined oven tray, then drizzle with **olive oil**, sprinkle over **mixed sesame seeds** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **20 minutes**.
- Meanwhile, thinly slice **radish**. Thinly slice **cucumber** into half-moons. Grate **carrot**. Finely chop **garlic**.

3



## Make the soy mayo & salad

- While the chicken is cooking, combine the **soy sauce** and **mayonnaise** in a small bowl. Set aside.
- In a medium bowl, combine the **sesame oil** (if using), the **rice wine vinegar** and a pinch of **salt** and **pepper**. Add **radish**, **cucumber** and **carrot** and toss to combine. Season to taste.

2



## Cook the chicken

- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **hoisin sauce** and the **honey** and mix well. Add **chicken** and turn to coat.
- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Using tongs, pick up **chicken** and let excess marinade drip back into the bowl.
- Cook **chicken** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).
- In the last **5 minutes** of cook time, add remaining **marinade** and **garlic** and cook until reduced slightly, turning chicken to coat.

**TIP:** The marinade will darken and caramelize – this adds to the flavour!

4



## Serve up

- Slice hoisin-glazed chicken.
- Divide sesame roasted veggies, chicken and radish salad between plates.
- Garnish with **crispy shallots**. Serve with soy mayo.

## Enjoy!