

Teriyaki Chicken & Roast Pumpkin Salad

with Pickled Onion & Peanuts

Grab your Meal Kit with this symbol



Peeled Pumpkin



Carrot



Red Onion



Chicken Thigh



Cucumber



Mixed Salad Leaves



Teriyaki Sauce



Crushed Peanuts

 Hands-on: **25-35 mins**
Ready in: **35-45 mins**

 Eat me early

 Low calorie

Enjoy this sweet and savoury glazed chicken with umami-rich teriyaki sauce for an easy meal that doesn't skimp on flavour! With colourful roasted veggies and crunchy peanuts, it's a family-friendly meal that will have everyone satisfied.

Pantry items

Olive Oil, Rice Wine Vinegar, Brown Sugar, Soy Sauce

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
peeled pumpkin	1 packet (400g)	1 packet (800g)
carrot	1	2
red onion	1 (medium)	1 (large)
rice wine vinegar*	¼ cup	½ cup
water* (for the pickle)	¼ cup	½ cup
chicken thigh	1 packet	1 packet
cucumber	1 (medium)	1 (large)
mixed salad leaves	1 bag (60g)	1 bag (120g)
teriyaki sauce	1 sachet (65g)	1 sachet (130g)
brown sugar*	½ tbs	1 tbs
soy sauce*	½ tbs	1 tbs
water* (for the sauce)	2 tbs	¼ cup
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2266kJ (541Cal)	330kJ (78Cal)
Protein (g)	40.1g	5.8g
Fat, total (g)	24.9g	3.6g
- saturated (g)	4.7g	0.7g
Carbohydrate (g)	37.9g	5.5g
- sugars (g)	25.5g	3.7g
Sodium (mg)	1022mg	149mg

Allergens

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

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



Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Slice the **peeled pumpkin** into 1cm wedges. Cut the **carrot** into 1cm rounds. Place the **veggies** on an oven tray lined with baking paper. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to combine. Spread in a single layer and roast until tender, **20-25 minutes**. Set aside to cool slightly.

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



Pickle the onion

While the veggies are roasting, thinly slice the **red onion**. In a small bowl, combine the **rice wine vinegar**, **water (for the pickle)** and a good pinch of **sugar** and **salt**. Scrunch the **onion** in your hands, then add to the pickling liquid. Stir to coat and set aside until serving.



Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **chicken thigh**, turning occasionally, until browned and cooked through, **10-14 minutes** (depending on thickness).

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



Prep the salad

While the chicken is cooking, thinly slice the **cucumber** into half-moons. In a large bowl, add a drizzle of **olive oil** and season with **salt** and **pepper**. Add the **mixed salad leaves** and **cucumber**. Set aside. In a second small bowl, combine the **teriyaki sauce**, **brown sugar**, **soy sauce** and **water (for the sauce)**.



Make it saucy

When the chicken is cooked, add the **teriyaki sauce mixture** to the pan and cook until reduced slightly, **1-2 minutes**. Turn the chicken to coat in the sauce. Remove from the heat.



Serve up

Drain the pickled onion, then add to the salad and toss to combine. Slice the teriyaki chicken. Divide the salad between plates and top with the roasted veggies and the chicken. Drizzle over any remaining teriyaki sauce. Sprinkle over the **crushed peanuts**.

TIP: Add less pickled onion to the salad if you prefer!

Enjoy!