



One-Pan Asian Style Chicken

with Broccoli

N° 1

CLASSIC • 40 Minutes • Medium Heat • 1 of your 5 a day



Broccoli



Chicken Thigh



Garlic Clove



Hoisin Sauce



Honey



Soy Sauce



Chicken Stock Powder



Basmati Rice



Salted Peanuts

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Mixing Bowl, Fine Grater (or Garlic Press), Baking Tray, Measuring Jug and Saucepan.

Ingredients

	2P	3P	4P
Broccoli	1	1½	2
Chicken Thigh	4	6	8
Garlic Clove	1 clove	1 clove	2 cloves
Hoisin Sauce 3) 11) 13)	2 sachets	3 sachets	4 sachets
Honey	1 sachet	1½ sachets	2 sachets
Soy Sauce 11) 13)	2 sachets	3 sachets	4 sachets
Water for the Rice*	300ml	450ml	600ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Basmati Rice	150g	225g	300g
Salted Peanuts 1)	1 small pot	1 large pot	2 small pots

*Not Included ** Store in the Fridge



1. Make the Marinade

Preheat your oven to 180°C. Separate the **broccoli** into florets (little trees), halve any large florets. Put the **chicken thighs** and **broccoli florets** in a large mixing bowl and season with **salt** and **pepper**.

2. Mix

Peel and grate the **garlic** (or use a garlic press). In a small bowl, mix together the **garlic**, **hoisin sauce**, **honey** and **soy sauce**. Add **half** of this **mix** to the bowl with the **chicken** and **broccoli**. Mix thoroughly to ensure an even coating.

3. Roast the Chicken

Spread the **chicken** and **broccoli** out on a large baking tray. Roast in your oven on the top shelf until the **broccoli** is tender and the **chicken** is cooked through, giving everything a shake half way through, 20-25 mins. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.

Nutrition

	Per serving	Per 100g
for uncooked ingredients	494g	100g
Energy (kJ/kcal)	3500 /837	709 /170
Fat (g)	23	5
Sat. Fat (g)	5	1
Carbohydrate (g)	87	18
Sugars (g)	22	4
Protein (g)	67	14
Salt (g)	4.87	0.99

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 3) Sesame 11) Soya 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.



4. Cook the Rice

Meanwhile, pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add a pinch of **salt** and the **stock powder**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).

5. Finish Up

Meanwhile, roughly chop the **peanuts**. When the **chicken** and **broccoli** is out of the oven, pour over the remaining **marinade** (left in the small bowl) and turn to coat.

6. Finish and Serve

Fluff up the **rice** with a fork and dive between bowls. Pop the **Asian style chicken and broccoli** on top of the **rice**. Finish with the **salted peanuts**.

Enjoy!

Contact

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