



Southeast Asian Spiced Chicken

with Roasted Pumpkin & Coconut-Kaffir Lime Sauce

Grab your Meal Kit with this symbol



Butternut Pumpkin



Garlic



Kaffir Lime Leaves



Green Beans



Asian Greens



Chicken Breast



Southeast Asian Spice Blend



Coconut Milk



Chicken Stock

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

Eat me early

This simple, yet stunning meal is sure to amaze and delight. It's a perfect combination of tender chicken breast, an aromatic coconut-lime sauce and sweet roasted pumpkin.

Pantry items

Olive Oil, Soy Sauce, Brown Sugar

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

Two oven trays lined with baking paper ·
Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butternut pumpkin	1	1
garlic	2 cloves	4 cloves
kaffir lime leaves	2 leaves	4 leaves
green beans	1 bag (100g)	1 bag (200g)
Asian greens	1 bunch	2 bunches
chicken breast	1 packet	1 packet
Southeast Asian Spice Blend	½ sachet	1½ sachets
soy sauce*	1 tbs	2 tbs
coconut milk	1 tin (165ml)	1 tin (400ml)
brown sugar*	1 tsp	2 tsp
chicken stock	½ cube	1 cube

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2330kJ (558Cal)	360kJ (86Cal)
Protein (g)	47.5g	7.3g
Fat, total (g)	26.0g	4.0g
- saturated (g)	13.8g	2.1g
Carbohydrate (g)	26.2g	4.1g
- sugars (g)	19.7g	3.0g
Sodium (g)	746mg	115mg

Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Roast the pumpkin

Preheat the oven to **220°C/200°C fan-forced**. Remove the seeds from the **butternut pumpkin** (unpeeled) and cut into thin slices. Place on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with **salt** and **pepper**. Roast until tender, **25-30 minutes**.

TIP: You can peel the skin if you don't like it!



2. Get prepped

While the pumpkin is roasting, finely chop the **garlic** (or use a garlic press). Very thinly slice the **kaffir lime leaves**. Trim the **green beans**. Roughly chop the **Asian greens**. In a medium bowl, place the **chicken breast** and **Southeast Asian spice blend** (see ingredients list). Season with **salt** and **pepper**, **drizzle** with **olive oil** and toss to coat.

TIP: Kaffir lime leaves have a fibrous texture, so you want to cut them very thinly!



3. Cook the chicken

In a medium frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **chicken** and cook until browned, **2 minutes** each side. Transfer the **chicken** to a second oven tray lined with baking paper and bake until cooked through, **6-10 minutes**. Transfer to a plate, cover to keep warm and set aside to rest.

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



4. Cook the veggies

Wipe out the frying pan and return to a medium-high heat with a **drizzle** of **olive oil**. Add the **green beans**, **soy sauce** and a **dash** of **water** and cook, tossing, until just softened, **3-4 minutes**. Add the **Asian greens** and another **dash** of **water** and cook, tossing, until just wilted, **1-2 minutes**. Transfer to a bowl and cover to keep warm.



5. Make the coconut sauce

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **garlic** and **kaffir lime** and cook, stirring, until fragrant, **1 minute**. Add the **coconut milk**, **brown sugar** and crumbled **chicken stock** (**1/2 cube for 2 people / 1 cube for 4 people**) and stir to combine. Simmer until reduced slightly, **4-5 minutes**.



6. Serve up

Thickly slice the chicken. Spoon the coconut-kaffir lime sauce over the base of each plate. Top with the roasted pumpkin, soy greens and Southeast Asian spiced chicken.

Enjoy!