



Southeast Asian Spiced Chicken

with Roasted Pumpkin & Coconut-Lime Sauce

Grab your Meal Kit with this symbol



Peeled Pumpkin



Garlic



Lime



Broccoli



Asian Greens



Coriander



Southeast Asian Spice Blend



Chicken Breast



Coconut Milk



Vegetable Stock



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



Low Calorie



Eat me early

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

Unfortunately, this week's green beans were in short supply, so we've replaced them with broccoli. Don't worry, the recipe will be just as delicious!

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
peeled pumpkin	1 packet (400g)	1 packet (800g)
garlic	2 cloves	4 cloves
lime	1	2
broccoli	½ head	1 head
Asian greens	1 bunch	1 bunch
coriander	1 bunch	1 bunch
Southeast Asian spice blend	¾ sachet	1½ sachets
chicken breast	1 packet	1 packet
soy sauce*	4 tsp	2½ tbs
coconut milk	1 tin (165ml)	1 tin (400ml)
brown sugar*	1 tsp	2 tsp
vegetable stock	½ sachet	1 sachet
water*	4 tsp	2½ tbs

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2250kJ (537Cal)	389kJ (93Cal)
Protein (g)	43.2g	7.5g
Fat, total (g)	27.8g	4.8g
- saturated (g)	15.4g	2.7g
Carbohydrate (g)	21.4g	3.7g
- sugars (g)	16.1g	2.8g
Sodium (g)	740mg	128mg

Allergens

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

Visit [HelloFresh.co.nz/foodinfo](https://www.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 pumpkin

Preheat the oven to **220°C/200°C fan-forced**. Thinly slice the **peeled pumpkin** into wedges. 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, **25-30 minutes**.

TIP: Cut the pumpkin to the correct size so it cooks in the allocated time!



4. Cook the soy greens

Wipe out the frying pan and return to a medium-high heat with a **drizzle** of **olive oil**. Add the **broccoli** and **soy sauce** with a **dash** of **water** and cook, tossing, until just softened, **5-6 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.



2. Get prepped

While the pumpkin is roasting, finely chop the **garlic** (or use a garlic press). Zest the **lime** to get a **pinch**, then slice into wedges. Cut the **broccoli** (see **ingredients list**) into small florets, then roughly chop the stalk. Roughly chop the **Asian greens**. Roughly chop the **coriander**. In a medium bowl, combine the **Southeast Asian spice blend** (see **ingredients list**) and a **drizzle** of **olive oil**, then season with **salt** and **pepper**. Add the **chicken breast** and toss to coat.



5. Make the sauce

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **garlic** and **lime zest** and cook, stirring, until fragrant, **1 minute**. Add the **coconut milk**, **brown sugar**, **vegetable stock** (**1/2 sachet for 2 people / 1 sachet for 4 people**) and the **water** and stir to combine. Simmer until reduced slightly, **3-4 minutes**.



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 the **chicken** to a plate to rest and cover to keep warm.

TIP: The chicken is cooked when it is no longer pink inside.



6. Serve up

Thickly slice the chicken. Spoon the coconut-lime sauce over the base of a plate. Top with the roasted pumpkin, soy greens and Southeast Asian spiced chicken. Garnish with the coriander and serve with the lime wedges.

Enjoy!