



# Sticky Ginger Chicken & Roast Pumpkin Salad

with Sesame Dressing

Grab your Meal Kit with this symbol



Carrot



Peeled & Chopped Pumpkin



Sesame Seeds



Mayonnaise



Cucumber



Chicken Breast



Ginger



Baby Spinach Leaves

Hands-on: **20-30 mins**  
Ready in: **30-40 mins**

Eat me early

For tonight's dinner, we've enlisted the help of a lively glaze made with ginger, soy sauce and honey: it coats each bite of tender chicken breast in sticky, salty sweetness and pairs perfectly with the sesame dressing that's drizzled over the robust roast pumpkin salad. Go for your life!

### Pantry items

Olive Oil, Sesame Oil, Soy Sauce, Sugar, Rice Wine Vinegar, Honey

## 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
carrot	1	2
peeled & chopped pumpkin	1 packet (400g)	1 packet (800g)
sesame seeds	1 sachet	1 sachet
mayonnaise	1 packet (40g)	1 packet (100g)
sesame oil*	½ tbs	1 tbs
soy sauce* (for the dressing)	½ tbs	1 tbs
sugar*	1 tsp	2 tsp
rice wine vinegar* (for the dressing)	1 tsp	2 tsp
cucumber	1 (medium)	1 (large)
chicken breast	1 packet	1 packet
ginger	1 knob	2 knobs
honey*	2 tbs	¼ cup
soy sauce* (for the glaze)	2 tbs	¼ cup
rice wine vinegar* (for the glaze)	1 tbs	2 tbs
water*	1 tbs	2 tbs
baby spinach leaves	1 bag (30g)	1 bag (60g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2530kJ (604Cal)	402kJ (96Cal)
Protein (g)	44.9g	7.1g
Fat, total (g)	26.2g	4.2g
- saturated (g)	3.7g	0.6g
Carbohydrate (g)	44.7g	7.1g
- sugars (g)	35.3g	5.6g
Sodium (mg)	1370mg	218mg

## 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.



## Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **carrot** (unpeeled) into 1cm half-moons. Place the **peeled & chopped pumpkin** and **carrot** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Spread in a single layer and roast until tender, **20-25 minutes**. When the veggies are done, set aside to cool slightly.

**TIP:** Cut the carrot to size so it cooks in time.



## Make the dressing

While the veggies are roasting, heat a large frying pan over a medium-high heat. Add the **sesame seeds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl. Add the **mayonnaise**, **sesame oil**, **soy sauce (for the dressing)**, **sugar**, **rice wine vinegar (for the dressing)** and a drizzle of **olive oil** to the toasted **sesame seeds**. Mix well to combine and set aside. Thinly slice the **cucumber** into half-moons.



## Cook the chicken

Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken** until cooked through, **3-5 minutes** each side (depending on thickness).

**TIP:** The chicken is cooked through when it's no longer pink inside.



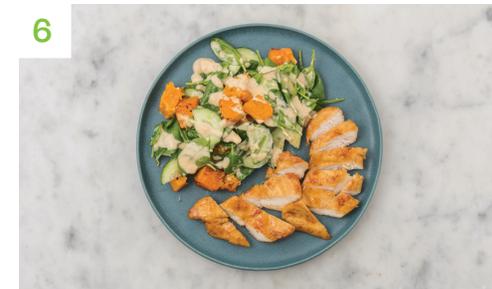
## Glaze the chicken

While the chicken is cooking, grate the **ginger**. In a second small bowl, combine the **ginger**, **honey**, **soy sauce (for the glaze)**, **rice wine vinegar (for the glaze)** and the **water**. When the chicken is cooked, remove the pan from the heat, then add the **ginger-soy glaze** and turn the **chicken** to coat. Set aside.



## Make the salad

In a medium bowl, add the **baby spinach leaves**, roasted **veggies** and **cucumber**. Drizzle over 1/2 the **sesame dressing** and gently toss to combine.



## Serve up

Slice the sticky ginger chicken. Divide the roast pumpkin salad and chicken between plates. Spoon any remaining glaze over the chicken. Serve with the remaining sesame dressing.

Enjoy!