



Sweet Chilli Chicken & Roast Pumpkin Wedges with Garlic Veggies

Grab your Meal Kit
with this symbol



Butternut Pumpkin



Ginger



Lime



Sweet Chilli
Sauce



Chicken Thigh



Sesame Seeds



Garlic



Carrot



Broccoli

Hands-on: 30-40 mins
 Ready in: 40-50 mins

Calorie Smart

Eat me early

Get ready for a plate full of deliciousness! This sticky-sweet delight uses sesame seeds, soy sauce, honey and sweet chilli sauce to top a flavourful mix of tender chicken thighs and garlic-infused veggies for a hearty and crave-worthy dinner.

Pantry items

Olive Oil, Honey, 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 · Medium frying pan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butternut pumpkin	1 (medium)	1 (large)
ginger	1 knob	2 knobs
lime	½	1
sweet chilli sauce	1 packet (25g)	1 packet (50g)
honey*	1 tbs	2 tbs
soy sauce*	1 tbs	2 tbs
water*	½ tbs	1 tbs
chicken thigh	1 small packet	1 large packet
sesame seeds	½ sachet	1 sachet
garlic	1 clove	2 cloves
carrot	1	2
broccoli	1 head	2 heads

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2318kJ (554Cal)	295kJ (70Cal)
Protein (g)	48g	6.1g
Fat, total (g)	17.8g	2.3g
- saturated (g)	3.8g	0.5g
Carbohydrate (g)	41g	5.2g
- sugars (g)	35g	4.5g
Sodium (mg)	761mg	97mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.com.au/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 **240°C/220°C fan-forced**. Cut the **butternut pumpkin** into 1cm wedges. Place on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat and roast until tender, **25-30 minutes**.

TIP: Peel the pumpkin skin if you prefer!



2 Flavour the chicken

While the pumpkin is roasting, grate the **ginger** (unpeeled). Zest the **lime** to get a generous pinch, then cut into wedges. In a medium bowl, combine the **sweet chilli sauce**, **honey**, **soy sauce**, **lime zest**, a squeeze of **lime juice**, the **water** and 1/2 the **ginger**. Add the **chicken thigh** and toss to coat. Heat a medium frying pan over a medium-high heat. Add the **sesame seeds** (see ingredients) and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl.



3 Cook the chicken

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Using tongs, pick up the **chicken** and let the excess marinade drip back into the bowl. Cook the **chicken**, turning, until browned and cooked through, **10-14 minutes** (cook in batches if your pan is getting crowded). In the last **2 minutes** of cook time, add the remaining **marinade** and simmer until reduced slightly.

TIP: The marinade will darken and caramelize, this adds to the flavour!



4 Prep the veggies

While the chicken is cooking, finely chop the **garlic**. Thinly slice the **carrot** (unpeeled) into half-moons. Chop the **broccoli** into small florets and roughly chop the stalk.



5 Cook the veggies

Heat a drizzle of **olive oil** in a large frying pan over a high heat. Cook the **carrot** and **broccoli**, tossing, until tender, **6-8 minutes**. Add the **garlic** and remaining **ginger** and cook until fragrant, **1 minute**. Season to taste.

TIP: Add a good dash of water to the pan to help speed up the cooking process.



6 Serve up

Slice the sweet chilli chicken. Divide the roast pumpkin, garlic veggies and chicken between plates. Spoon the remaining sauce over the chicken and pumpkin, then sprinkle over the sesame seeds. Serve with any remaining lime wedges.

Enjoy!