



Thai-Style Chicken & Roast Pumpkin Salad

with Ginger Dressing & Peanuts

Grab your Meal Kit with this symbol



Broccoli



Peeled & Chopped Pumpkin



Ginger



Garlic



Lemon



Pear



Coriander



Thai Seven Spice Blend



Chicken Thigh



Mixed Salad Leaves



Crushed Peanuts

Hands-on: **25-35 mins**
Ready in: **30-40 mins**

Eat me early

Make way for this hearty main meal salad in your dinner rotation. With mildly spiced chicken and a fragrant ginger dressing, this plate of bountiful greens and pumpkin will change the way you look at veggies!

Pantry items

Olive Oil, Soy Sauce, Brown Sugar, Rice Wine Vinegar (or White Wine Vinegar)

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
broccolini	1 bunch	2 bunches
peeled & chopped pumpkin	1 packet (400g)	1 packet (800g)
ginger	1 knob	2 knobs
garlic	1 clove	2 clove
lemon	½	1
pear	1	2
coriander	1 bunch	1 bunch
Thai seven spice blend	1 sachet	1 sachet
salt*	¼ tsp	½ tsp
chicken thigh	1 packet	1 packet
soy sauce*	2 tsp	4 tsp
brown sugar*	2 tsp	4 tsp
rice wine vinegar* (or white wine vinegar)	1 tsp	2 tsp
mixed salad leaves	1 bag (60g)	1 bag (120g)
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2330kJ (557Cal)	369kJ (88Cal)
Protein (g)	44.0g	7.0g
Fat, total (g)	23.4g	3.7g
- saturated (g)	4.6g	0.7g
Carbohydrate (g)	41.5g	6.6g
- sugars (g)	26.0g	4.1g
Sodium (mg)	854mg	135mg

Allergens

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



1. Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Trim and halve the **broccolini**. Place the **broccolini**, **peeled & chopped pumpkin**, a **drizzle of olive oil** and a **pinch of salt** and **pepper** on an oven tray lined with baking paper. Toss to coat, then roast until tender, **20-25 minutes**.

TIP: Cut the veggies to the correct size so they cook in the allocated time.

TIP: Allow the veggies to cool slightly before adding to the salad.



4. Cook the chicken

Return the frying pan to a medium-high heat. Add the **chicken thigh** and cook, turning occasionally, until browned and cooked through, **10-14 minutes**. Remove the pan from the heat.

TIP: Don't worry if the spice blend chars a little in the pan, this adds to the flavour!

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



2. Get prepped

While the veggies are roasting, finely grate the **ginger** and **garlic** (or use a garlic press). Zest the **lemon** (see ingredients list) to get a **generous pinch**, then slice into wedges. Thinly slice the **pear**. Roughly chop the **coriander**. In a large bowl, combine the **ginger**, **garlic** and **lemon zest**. Set aside. In a medium bowl, combine the **Thai seven spice blend**, the **salt** and a **drizzle of olive oil**. Add the **chicken thigh** and toss to coat.



5. Dress the salad

When the roasted veggies have cooled slightly, add the **pear**, roasted **veggies** and **mixed salad leaves** to the bowl with the **ginger dressing** and toss well to coat.



3. Make the ginger dressing

Heat a large frying pan over a high heat with **olive oil** (**1 tbs for 2 people / 2 tbs for 4 people**). Heat for **1 minute**, or until "just smoking", then carefully pour the **oil** over the **ginger-garlic mixture** in the large bowl. Add the **soy sauce**, **brown sugar**, a **generous squeeze of lemon juice** and the **rice wine vinegar** to the bowl. Mix well to combine.

TIP: The hot oil will bubble up and 'cook' the ginger and garlic.



6. Serve up

Thickly slice the chicken. Divide the roast pumpkin salad between plates and top with the Thai-style chicken. Spoon over any resting juices from the chicken. Sprinkle with the **crushed peanuts** and coriander. Serve with any remaining lemon wedges.

Enjoy!