



Asian style Chicken Tray bake

with Broccoli and Sugar Snap Peas



HELLO BROCCOLI

This vegetable is actually a flower head. Each of those tiny little green dots is a bud!



Chicken Thigh



Broccoli



Garlic Clove



Hoisin Sauce



Honey



Soy Sauce



Water



Chicken Stock Pot



Basmati Rice



Sugar Snap Peas



Green Chilli



Cashew Nut Pieces

MEAL BAG

Total: **40 mins**
 Hand-on: **10 mins**

Family Box

1.5 of your **5** a day

Medium Heat

Tonight, fussy eaters, we're on your side! As a child, chef Lizzie was a very picky eater, but one recipe she couldn't say 'no' to was her mum's Asian chicken tray bake. Taking a trip down memory lane, Lizzie has recreated her favourite childhood recipe, adding in a couple of twists here and there. Who wouldn't be tempted to the table by sticky chicken!? This dish is about to become your family's favourite!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Mixing Bowl**, **Fine Grater** (or **Garlic Press**), **Baking Tray**, **Measuring Jug** and **Large Saucepan** (with a **Lid**). Now, let's get cooking!



1 MAKE THE MARINADE

Preheat your oven to 200°C. Put the **chicken thighs** in a mixing bowl with a pinch of **salt** and a grind of **black pepper**. Cut the **broccoli** into florets (small trees) and add to the bowl. Peel and grate the **garlic** (or use a garlic press). In a small bowl, mix together the **garlic**, **hoisin sauce**, **honey** and **soy sauce**. Add **half** of this **marinade** to the mixing bowl with the **chicken** and **broccoli**. Stir through to ensure an even coating.



2 ROAST THE CHICKEN

Spread the **chicken** and **broccoli** out on a baking tray along with any **marinade** from left in the mixing bowl. Roast on the middle shelf of your oven until the **broccoli** is tender and the **chicken** is cooked, giving everything a shake halfway through, 20-25 mins. **TIP:** *The chicken is cooked when it is no longer pink in the middle.*



3 COOK THE RICE

Meanwhile, boil the **water** (amount specified in the ingredient list) in a large saucepan over high heat. **TIP:** *Your pan needs to be big enough to cook both the rice and the sugar snap peas!* Add the chicken stock pot and stir to dissolve. Once boiling, add the **basmati rice** and cover with a lid. Reduce the heat to medium-low and cook for 10 mins.



4 STEAM THE VEG

After 10 mins, remove the pan from the heat and add the **sugar snap peas**. Pop the lid back on and set aside for another 10 mins. **TIP:** *The rice and sugar snaps will finish cooking in their own steam.*



5 FINISH UP

When the **chicken** and **broccoli** have 5 mins remaining, scatter the **cashew nut pieces** over the top and return to the oven. **TIP:** *This next bit is optional.* If you don't like **chilli** don't bother, but we've included this for the adults (and any chilli-loving children!). Halve the **green chilli** lengthways, deseed and finely slice.



6 SERVE

Take the lid off your pan and stir the **sugar snaps** through the **rice** then share between your plates. Pour the remaining **marinade** over the **chicken** and **broccoli** and turn to coat. **TIP:** *Little ones may find it easier to eat if you slice the chicken thighs into strips before serving!* Pop the **sticky chicken** and **broccoli** on top of the **rice** and finish with the **sliced green chilli** (for the grown-ups!). **Enjoy!**

4 PEOPLE INGREDIENTS

Chicken Thigh	8
Broccoli, florets	1
Garlic Clove, grated	1
Hoisin Sauce 1) 6)	4 tbsp
Honey	1 tbsp
Soy Sauce 1) 6)	1½ tbsp
Water*	600ml
Chicken Stock Pot	1
Basmati Rice	300g
Sugar Snap Peas	1 pack
Green Chilli, sliced	1
Cashew Nut Pieces 8)	25g

*Not Included

NUTRITION PER	PER SERVING	PER 100G
Energy (kcal)	748	176
(kJ)	3154	743
Fat (g)	19	4
Sat. Fat (g)	5	1
Carbohydrate (g)	81	19
Sugars (g)	16	4
Protein (g)	63	15
Salt (g)	2.95	0.69

ALLERGENS

1)Gluten 6)Soya 8)Nuts

Hoisin Sauce Ingredients: Sugar and Cane Molasses (39%), Water, Yellow Bean Sauce (17%) [Fermented Salted Soybean (**Soybean**, **Wheat Flour**, Salt, Water) **Soy Sauce** (Water, **Soybean**, Salt, **Wheat Flour**), Sugar, Water, Colour: Caramel], **Soy Sauce** (8%) (Water, Salt, Colour: Caramel, Sugar, **Soybean**, **Wheat Flour**), Red Wine Vinegar, Black Treacle, Thickener: Modified Maize Starch, Rapeseed Oil, Red Chilli Purée (Red Chilli, White Wine Vinegar, Sunflower Oil, Sea Salt, Stabiliser: Guar Gum), Garlic Powder, Spices.

Soy Sauce Ingredients: Water, **Soy Beans**, **Wheat**, Salt, Sodium Benzoate

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract.

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