



Hoisin Sticky Baked Chicken Breast with Roasted Broccoli and Red Onion

Classic 45 Minutes • Little Spice • 1.5 of your 5 a day

N° 1



Garlic



Red Onion



Broccoli Florets



Hoisin Sauce



Soy Sauce



Chicken Breast Fillets



Jasmine Rice



Sesame Seeds



All the Greens Veg Side



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

All of our fruits and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan with lid, baking tray, plate, chopping board, frying pan, garlic press, knife, bowl, and roasting tin.

Ingredients

	2P	3P	4P
Garlic**	1	2	2
Red Onion**	1	1	2
Broccoli Florets**	200g	300g	400g
Hoisin Sauce 3) 11)	2 sachets	3 sachets	4 sachets
Soy Sauce 11) 13)	1 sachet	2 sachets	2 sachets
Water for Rice*	300ml	450ml	600ml
Chicken Breast Fillets**	2	3	4
Jasmine Rice	150g	225g	300g
Sesame Seeds 3)	15g	15g	15g
All the Greens Veg Sides**	1 bag	1½ bags	2 bags

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	455g	100g
Energy (kJ/kcal)	2653 /634	584 /139
Fat (g)	10	2
Sat. Fat (g)	2	1
Carbohydrate (g)	81	18
Sugars (g)	18	4
Protein (g)	54	12
Salt (g)	2.43	0.54

Custom Recipe Per serving Per 100g

	Per serving	Per 100g
for uncooked ingredient	555g	100g
Energy (kJ/kcal)	2804 /670	506 /121
Fat (g)	10	2
Sat. Fat (g)	2	1
Carbohydrate (g)	84	15
Sugars (g)	20	4
Protein (g)	57	10
Salt (g)	2.44	0.44

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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The Fresh Farm

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Get Prepped

Heat your oven to 200C. Peel and grate the **garlic** (or use a garlic press). Halve, peel and chop the **red onion** into 8 wedges. Halve any larger **broccoli florets**. In a small bowl mix the **hoisin sauce** with the **soy sauce** and **garlic**.



Cook the Chicken

Pop the **chicken** and **half** the **hoisin mixture** into a high sided roasting tin with a drizzle of **oil**. Mix well to make sure everything is coated. **IMPORTANT:** Wash your hands after handling raw meat. Roast for 15 mins on the middle shelf of your oven.



Cook the Rice

Meanwhile pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add a pinch of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).



Cook the Broccoli

Once the **chicken** has been cooking for 10 mins, add the **broccoli florets** and **red onion** to the baking tray and mix them into the **chicken**. Return to the oven and roast until the **broccoli** is just tender and slightly browned on the edges and the **chicken** is cooked through, 10-15 mins. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



Finish Up

Meanwhile, heat a medium frying pan over medium heat. Add the **sesame seeds** (no oil) and cook until golden, stirring regularly, 2-3 mins. Remove from the pan and set aside. Just before the **chicken** is ready, add the remaining **sauce mixture** to the frying pan and simmer for 1 min, until thickened slightly. Add a splash of **water** to loosen if you like.



CUSTOM RECIPE

If you've decided to add the **green veg side** to your meal, once the **sesame seeds** are removed from your pan, pop your pan back on medium heat. Add a drizzle of **oil** and once hot add the **all greens veg side** to the pan and season with **salt** and **pepper**. Add a splash of **water**, then pop a lid (or some foil) on the pan and leave to steam-fry until the green veg are just tender, 6-8 mins. Remove to a plate and cover with foil to keep warm. Continue with the step and recipe as instructed.



Serve

Fluff up the **rice** with a fork and divide between plates. Serve with the **chicken**, **onion** and **broccoli** on top, pouring over any **juices** from the roasting tin. Reheat the **sauce** if needed then spoon over the **sauce** and scatter over the **toasted sesame seeds**.

Enjoy!



CUSTOM RECIPE

If you've added the extra **veg** to your meal, serve the **green veg** on the side.