



Hoisin Sticky Baked Chicken Thighs

with Roasted Broccoli and Red Onion

N° 9

FAMILY Hands On Time: 20 Minutes • Total Time: 45 Minutes • Little Heat • 1.5 of your 5 a day



Garlic



Red Onion



Broccoli Florets



Hoisin Sauce



Soy Sauce



Chicken Thigh



Jasmine Rice



Sesame Seeds

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Fine Grater (or Garlic Press), Baking Tray, Measuring Jug, Saucepan and Frying Pan.

Ingredients

	2P	3P	4P
Garlic**	1 clove	2 cloves	2 cloves
Red Onion**	1	1	2
Broccoli Florets**	1 small pack	1 medium pack	1 large pack
Hoisin Sauce 3) 11) 13)	2 sachets	3 sachets	4 sachets
Soy Sauce 11) 13)	1 sachets	2 sachets	2 sachets
Chicken Thigh**	4	6	8
Water for Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Sesame Seeds 3)	1 small pot	1 small pot	1 large pot

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	475g	100g
Energy (kJ/kcal)	3374 /807	711 /170
Fat (g)	30	6
Sat. Fat (g)	8	2
Carbohydrate (g)	81	17
Sugars (g)	18	4
Protein (g)	50	11
Salt (g)	4.11	0.87

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.

Contact

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Packed in the UK



1. 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**.



4. 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.



2. 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 10 mins on the middle shelf of your oven.



5. Finish Up

Meanwhile, heat a small 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 one minute, until thickened slightly. Add a splash of **water** to loosen if you like.



3. 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).



6. 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!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.