



Hoisin Chicken Thigh Traybake

with Sesame Roast Potatoes and Tenderstem® Broccoli

Classic 35-40 Minutes • Mild Spice

45



Potatoes



Black Sesame Seeds



Chinese Five Spice



Tenderstem® Broccoli



British Chicken Thighs



Hoisin Sauce



British Chicken Breasts

Pantry Items

Oil, Salt, Pepper, Mayonnaise

↔ Swap to Chicken Breast

If you chose to swap to chicken breast, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Baking tray, frying pan and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Black Sesame Seeds 3)	5g	10g	10g
Chinese Five Spice	1 sachet	1 sachet	2 sachets
Tenderstem® Broccoli**	150g	200g	200g
British Chicken Thighs**	4	6	8
Hoisin Sauce 11)	60g	60g	120g
British Chicken Breasts**	2	3	4

Pantry	2P	3P	4P
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	550g	100g	510g	100g
Energy (kJ/kcal)	4063 /971	739 /177	3188 /762	626 /150
Fat (g)	38.4	7.0	15.7	3.1
Sat. Fat (g)	8.7	1.6	2.1	0.4
Carbohydrate (g)	60.7	11.0	60.8	11.9
Sugars (g)	14.3	2.6	14.5	2.8
Protein (g)	51.2	9.3	48.1	9.4
Salt (g)	1.79	0.33	1.71	0.34

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame 11) Soya

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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Get Started

Preheat your oven to 220°C/200°C fan/gas mark 7. Chop the **potatoes** into 2cm chunks (no need to peel).

Pop the **chunks** onto a large baking tray. Drizzle with **oil**, sprinkle over the **sesame seeds** and **half the Chinese Five Spice**. Season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.

Meanwhile, halve any thick **broccoli stems** lengthways.

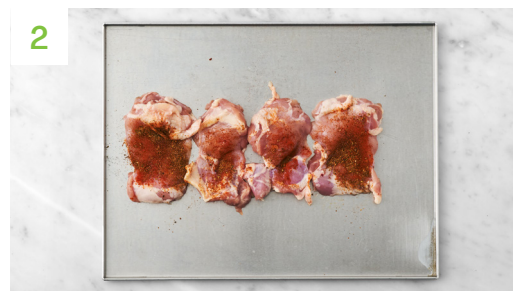


Time for Broccoli

When the **chicken** has 10 mins remaining, remove the tray from the oven.

Pop the **broccoli** alongside the **chicken**. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

Return the tray to the middle shelf of your oven for the remaining time, until the **broccoli** is tender and **chicken** is cooked through, 10-12 mins.



Prep the Chicken

Pop the **chicken thighs** onto one side of another large baking tray. Drizzle with **oil**, sprinkle over the remaining **Chinese Five Spice**, then rub to coat. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

↔ Swap to Chicken Breast

If you've chosen **chicken breast** instead, prep in the same way, then heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, fry the **chicken**, 5 mins each side.



Hello Hoisin

Once cooked, drain any fat from the **chicken** tray, then drizzle the **hoisin sauce** over the **chicken thighs** and turn to coat.



Bake the Chicken

When the **potatoes** have 15 mins remaining, roast the **chicken** on the middle shelf of your oven until cooked through and tender, 16-18 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

↔ Swap to Chicken Breast

Once browned, pop the **chicken** onto a baking tray and roast on the middle shelf, 15-20 mins. When cooked, remove from your oven and cover with foil. Slice the **chicken** into 1cm thick slices when serving.



Serve Up

Share the **hoisin chicken thighs** between your plates. Serve the **roasted potatoes and broccoli** alongside. Add a dollop of **mayo** (see pantry for amount) for dipping.

Enjoy!