



Hoisin Sticky Baked Chicken Thighs with Roasted Broccoli and Red Onion

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

1



Garlic



Red Onion



Broccoli



Hoisin Sauce



Soy Sauce



Chicken Thighs



Jasmine Rice



Sesame Seeds



Chicken Breasts



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

Cooking tools, you will need:

Frying Pan, Plate, Baking Tray and Saucepan.

Ingredient

	2P	3P	4P
Garlic**	1 clove	2 cloves	2 cloves
Red Onion**	1	1	2
Broccoli**	½	¾	1
Hoisin Sauce			
3) 11)	2 sachets	3 sachets	4 sachets
Soy Sauce 11) 13)	1 sachet	2 sachets	2 sachets
Chicken Thighs**	4	6	8
Water for Rice*	300ml	450ml	600ml
Chicken Breasts**	2	3	4
Jasmine Rice	150g	225g	300g
Sesame Seeds 3)	1 pot	1 pot	1 pot

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	438g	100g
Energy (kJ/kcal)	3333 / 797	727 / 174
Fat (g)	30	7
Sat. Fat (g)	8	2
Carbohydrate (g)	81	18
Sugars (g)	18	4
Protein (g)	48	11
Salt (g)	2.44	0.53
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	438g	100g
Energy (kJ/kcal)	2621 / 627	598 / 143
Fat (g)	9	2
Sat. Fat (g)	2	1
Carbohydrate (g)	81	19
Sugars (g)	18	4
Protein (g)	52	12
Salt (g)	2.42	0.55

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

The Fresh Farm

60 Worship St, London EC2A 2EZ

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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. Chop the **broccoli** into florets (like small trees!) halving any larger ones. 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 10 mins on the middle shelf of your oven.

CUSTOM RECIPE

If you've chosen to receive **chicken breast** instead of **chicken thigh**, just cook the **chicken breast** for 15 mins in the step above rather than 10 mins. Follow the rest of the recipe as instructed.



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 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 1 min, until thickened slightly. Add a splash of **water** to loosen if you like.



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).



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!