



Sticky Hoisin Chicken Thighs

with Roasted Broccoli and Red Onion

CLASSIC 45 Minutes • 1.5 of your 5 a day



Garlic



Red Onion



Broccoli



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, Saucepan and Small Frying Pan.

Ingredients

	2P	3P	4P
Garlic**	1	2	2
Red Onion**	1	1	2
Broccoli**	½	¾	1
Hoisin Sauce 3) 11) 13)	2 sachets	3 sachets	4 sachets
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Chicken Thigh**	4	6	8
Water for the 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 ingredients	458g	100g
Energy (kJ/kcal)	3201 / 765	699 / 167
Fat (g)	20	4
Sat. Fat (g)	5	1
Carbohydrate (g)	81	18
Sugars (g)	18	4
Protein (g)	62	14
Salt (g)	3.92	0.86

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 11) Soya 13) Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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1. Get Prepped

Heat your oven to 200°C. 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**.



4. Cook the Broccoli

Once the **chicken** has been cooking for 15 mins, add the **broccoli florets** to the baking tray and mix them into the **chicken** and **onions**. Return to the oven 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**, **red onion** and **half the hoisin mixture** into a high sided baking tray with a drizzle of **oil**. Mix well to make sure everything is coated. **IMPORTANT: Wash your hands after handling raw meat.** Roast for 30 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 1 min, until thickened slightly. Add a splash of **water** to loosen if you like.



3. Cook the Rice

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!