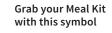


Sweet-Soy Crumbed Chicken with Asian Cucumber Slaw & Sesame Wedges

KID FRIENDLY









Mixed Sesame









Mayonnaise

Panko Breadcrumbs



Sweet Soy



Asian Slaw

Chicken Breast



Japanese Dressing





colourful cucumber slaw.



Olive Oil, Sesame Oil, Soy Sauce, Plain Flour, Egg

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
mixed sesame seeds	1 sachet	1 sachet	
radish	1	2	
avocado	1	1	
pear	1	2	
cucumber	1 (medium)	1 (large)	
mayonnaise	1 medium packet	1 large packet	
sesame oil*	1 tsp	2 tsp	
soy sauce*	½ tsp	1 tsp	
plain flour*	1 tbs	2 tbs	
egg*	1	2	
panko breadcrumbs	1 medium packet	1 large packet	
sweet soy seasoning	1 sachet	2 sachets	
chicken breast strips	1 packet	1 packet	
Asian slaw mix	1 bag (150g)	1 bag (300g)	
Japanese dressing	1 packet	2 packets	

^{*}Pantry Items

Nutrition

Per Serving	Per 100g
3706kJ (886Cal)	502kJ (120Cal)
49.4g	6.7g
40.3g	5.5g
7.2g	1g
77.3g	10.5g
27.8g	3.8g
1326mg	179mg
	3706kJ (886Cal) 49.4g 40.3g 7.2g 77.3g 27.8g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Bake the sesame wedges

- Preheat oven to 240°C/220°C fan forced.
- · Cut potato into wedges.
- Place potato on a lined oven tray. Drizzle with olive oil, sprinkle with mixed sesame seeds and a pinch of salt and pepper. Toss to coat, spread out evenly, then bake until tender, 25-30 minutes.

Little cooks: Kids can help sprinkle over the sesame seeds and toss the wedges.



Get prepped

- Meanwhile, thinly slice radish. Slice avocado in half, scoop out flesh and thinly slice. Thinly slice pear. Thinly slice cucumber into rounds.
- In a small bowl, combine **mayonnaise**, the **sesame oil** and **soy sauce**. Set aside.



Crumb the chicken

- In a shallow bowl, combine the **plain flour** and a generous pinch of **salt**.
- In a second shallow bowl, whisk the egg.
- In a third shallow bowl, combine panko breadcrumbs and sweet soy seasoning.
- Coat chicken breast strips in the flour mixture, followed by the egg and finally the panko breadcrumbs. Transfer to a plate.



Cook the chicken

- When the wedges have 10 minutes remaining, heat a large frying pan over medium-high heat with enough olive oil to coat the base.
- When oil is hot, cook crumbed chicken in batches, until golden and cooked through,
 3-4 minutes each side.
- Transfer to a paper towel-lined plate.



Make the slaw

- Meanwhile, combine radish, pear, avocado, cucumber and Asian slaw mix in a medium bowl.
- Add Japanese dressing and toss to coat.



Serve up

- Divide Asian cucumber slaw, sesame wedges and sweet-soy crumbed chicken between plates.
- Serve with sesame mayo. Enjoy!

