



Sweet-Soy Crumbed Chicken

with Asian Cucumber Slaw & Sesame Wedges

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Mixed Sesame Seeds



Radish



Avocado



Pear



Cucumber



Mayonnaise



Panko Breadcrumbs



Sweet Soy Seasoning



Chicken Breast Strips



Asian Slaw Mix



Japanese Dressing

Prep in: 25-35 mins
Ready in: 35-45 mins

Eat Me Early

This is a shining bowl of golden flavour. The chicken strips crumbed in a sweet-soy panko are worth their weight in glowing praise. You are sure to receive plenty when you plate these up with crisp potato wedges peppered with sesame seeds and a colourful cucumber slaw.

Pantry items

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

	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

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3706kJ (886Cal)	502kJ (120Cal)
Protein (g)	49.4g	6.7g
Fat, total (g)	40.3g	5.5g
- saturated (g)	7.2g	1g
Carbohydrate (g)	77.3g	10.5g
- sugars (g)	27.8g	3.8g
Sodium (mg)	1326mg	179mg

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.



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.



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.



Make the slaw

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



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.



Serve up

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

We're here to help!

Scan here if you have any questions or concerns



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