



Miso-Ginger Chicken & Peanut Salad

with Sesame Fries

NEW KID FRIENDLY CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Potato



Mixed Sesame Seeds



Cucumber



Tomato



Avocado



Miso Paste



Ginger Paste



Chicken Breast



Mixed Salad Leaves



Granulated Peanuts



Sesame Dressing



Chicken Breast

Prep in: 20-30 mins
Ready in: 35-45 mins

Eat Me Early

Amp up the flavour to ten by glazing tender chicken in a miso and ginger sauce. Push the crunch factor to the top with a peanut cucumber salad and sesame seed oven-baked fries. This dish has successfully maxed out its flavour!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar, Vinegar (White Wine or Rice Wine)

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
cucumber	1 (medium)	1 (large)
tomato	1	2
avocado	1 (small)	1 (medium)
miso paste	½ packet (20g)	1 packet (40g)
ginger paste	1 medium packet	1 large packet
brown sugar*	1 tbs	2 tbs
vinegar* (white wine or rice wine)	2 tsp	4 tsp
water*	1 tbs	2 tbs
chicken breast	1 small packet	2 small packets OR 1 large packet
mixed salad leaves	1 small bag	1 medium bag
granulated peanuts	1 packet	2 packets
sesame dressing	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3061kJ (732Cal)	476kJ (114Cal)
Protein (g)	47g	7.3g
Fat, total (g)	37.3g	5.8g
- saturated (g)	6.1g	0.9g
Carbohydrate (g)	50.2g	7.8g
- sugars (g)	21.6g	3.4g
Sodium (mg)	1159mg	180mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3806kJ (910Cal)	474kJ (113Cal)
Protein (g)	80.1g	10g
Fat, total (g)	42.5g	5.3g
- saturated (g)	7.6g	0.9g
Carbohydrate (g)	51g	6.4g
- sugars (g)	21.6g	2.7g
Sodium (mg)	1258mg	157mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



Bake the sesame fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries, then place on a lined oven tray. Drizzle with **olive oil**, season with **salt**, sprinkle over **mixed sesame seeds** and toss to coat.
- Spread out evenly, then bake until tender, **20-25 minutes**.

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

4



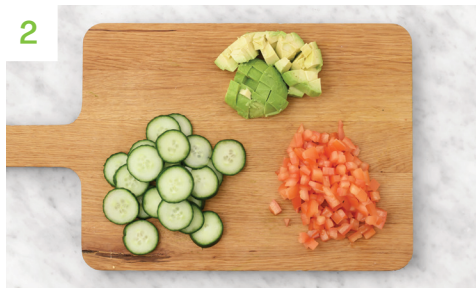
Cook the chicken

- When the fries have **10 minutes** cook time remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **chicken** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).

TIP: The chicken is cooked through when it's no longer pink inside.

Custom Recipe: If you've doubled your chicken breast, cook in batches for the best results.

2



Get prepped

- Meanwhile, thinly slice **cucumber**. Roughly chop **tomato**. Slice **avocado** in half, scoop out flesh and roughly chop.

5



Toss the salad

- In a medium bowl, combine **mixed salad leaves**, **tomato**, **avocado**, **cucumber** and **granulated peanuts**.
- Add **sesame dressing** and toss to coat.

3



Flavour the chicken

- In a large bowl, combine **miso paste** (see ingredients), **ginger paste**, the **brown sugar**, **vinegar** and the **water**.
- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- Add **chicken** to the **miso mixture** and turn to coat.

Little cooks: Kids can help combine the ingredients for the miso mixture.

6



Serve up

- Divide miso-ginger chicken, peanut salad and sesame fries between plates to serve. Enjoy!

Rate your recipe

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