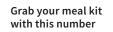


# Asian-Style Glazed Chicken & Sesame Fries with Kohlrabi Slaw & Garlic Aioli

**NEW** 

KID FRIENDLY





















Chicken Breast







Japanese Dressing



Garlic Aioli





Prep in: 25-35 mins Ready in: 30-40 mins

Eat Me Early



Tonight's dinner takes chicken and veg to new levels. As if chicken glazed in honey and soy sauce wasn't delicious enough, serving it alongside sesame fries and a Japanese slaw adds another flavour punch! A dollop of garlic aioli adds the perfect amount of creaminess to this irresistible dish.

**Pantry items** Olive Oil, Honey

# Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 medium sachet	1 large sachet
garlic	2 cloves	4 cloves
kohlrabi	1/2	1
chicken breast	1 medium packet	2 medium packets OR 1 large packet
soy sauce mix	1 medium packet	1 large packet
honey*	2 tsp	4 tsp
Asian slaw mix	1 medium packet	1 large packet
Japanese dressing	1 packet	2 packets
garlic aioli	1 medium packet	1 large packet

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2490kJ (595Cal)	473kJ (113Cal)
Protein (g)	46.5g	8.8g
Fat, total (g)	22.3g	4.2g
- saturated (g)	3.2g	0.6g
Carbohydrate (g)	52.5g	10g
- sugars (g)	32.2g	6.1g
Sodium (mg)	1401mg	266mg
Dietary Fibre (g)	7.6g	1.4g

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 fries

- Preheat oven to 240°C/220°C fan-forced.
- · Cut potato into fries.
- Place **fries** on a lined oven tray. Sprinkle over mixed sesame seeds, drizzle with olive oil and season with salt. Toss to coat, spread out evenly, then bake until tender, 20-25 minutes.

**Little cooks:** Help with sprinkling over the sesame seeds and tossing the fries.



# Get prepped

- Meanwhile, finely chop garlic.
- · Grate kohlrabi (see ingredients).



#### Flavour the chicken

- Place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks.
- In a large bowl, combine garlic, soy sauce mix and the **honey**. Add **chicken** and turn to coat. Set aside.

**Little cooks:** Take charge by combining the sauces!



#### Cook the chicken

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Using tongs, pick up chicken and let excess marinade drip back into the bowl.
- · Cook chicken steaks until cooked through, 3-5 minutes each side (cook in batches if your pan is getting crowded).
- · In the last 1-2 minutes of cook time, add the remaining marinade and simmer until slightly reduced.

TIP: Chicken is cooked through when it's no longer

TIP: The marinade will darken and caramelise, this adds to the flavour!



# Make the slaw

- · While the chicken is cooking, combine Asian slaw mix and kohlrabi in a medium bowl.
- Add Japanese dressing and toss to coat.



# Serve up

- Divide honey-soy glazed chicken, sesame potato fries and Japanese-style kohlrabi slaw between plates.
- · Spoon remaining marinade over chicken. Dollop with garlic aioli to serve. Enjoy!

**Little cooks:** Add the finishing touch by dolloping over the garlic aioli!







