

Asian-Style Glazed Chicken & Sesame Fries

with Kohlrabi Slaw & Garlic Aioli

NEW

KID FRIENDLY

Grab your meal kit with this number

13



Potato



Mixed Sesame Seeds



Garlic



Kohlrabi



Chicken Breast



Soy Sauce Mix



Asian Slaw Mix



Japanese Dressing



Garlic Aioli



Beef Rump



Chicken Breast

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

Calorie Smart

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

	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	½	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

*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.



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 pink inside.

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



Get prepped

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



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.



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!



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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW25



CUSTOM OPTIONS



SWAP TO BEEF RUMP

Follow method above, cook beef, turning, for 4-6 minutes for medium. Transfer to a plate to rest.



DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

