



Sweet Soy Chicken & Ponzu Slaw

with Sesame Kumara Fries & Mayo

NEW

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

12



Kumara



Mixed Sesame Seeds



Apple



Chicken Breast



Sweet Soy Seasoning



Sweet Chilli Sauce



Shredded Cabbage Mix



Ponzu Sauce



Mayonnaise



Chicken Breast



Chicken Thigh

Prep in: 15-25 mins
Ready in: 25-35 mins

Calorie Smart

Eat Me Early

This chicken has layers upon layers of flavour, first being cooked in our staple sweet-soy seasoning, then being tossed in sweet chilli! Sesame-crust kumara fries and a crunchy, zingy slaw act as the perfect side-kicks to this superstar dish.

Pantry items

Olive Oil, Sesame Oil

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
kumara	2 (medium)	2 (large)
mixed sesame seeds	1 medium sachet	1 large sachet
apple	1	2
chicken breast	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	2 medium sachets	4 medium sachets
sweet chilli sauce	1 small packet	1 medium packet
shredded cabbage mix	1 medium packet	1 large packet
ponzu sauce	½ medium packet	1 medium packet
sesame oil*	½ tsp	1 tsp
mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2672kJ (639Cal)	476kJ (114Cal)
Protein (g)	45.6g	8.1g
Fat, total (g)	24g	4.3g
- saturated (g)	4.2g	0.7g
Carbohydrate (g)	60.3g	10.8g
- sugars (g)	25.3g	4.5g
Sodium (mg)	1006mg	179mg
Dietary Fibre (g)	9.8g	1.7g

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.

1



Bake the kumara fries

- Preheat oven to **240°C/220°C fan-forced**. Peel **kumara** and cut into fries.
- Place on a lined oven tray. Season with **salt**, drizzle with **olive oil**, sprinkle over **mixed sesame seeds** and toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide between two trays.

3



Cook chicken

- When the fries have **10 minutes** 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).
- Remove pan from heat and add **sweet chilli sauce**, turning **chicken** to coat.

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

2



Get prepped

- Meanwhile, thinly slice **apple** into wedges.
- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a large bowl, combine **chicken**, **sweet soy seasoning** and a drizzle of **olive oil**.

4



Serve up

- While chicken is cooking, combine apple, **shredded cabbage mix**, **ponzu sauce (see ingredients)** and the **sesame oil** in a large bowl. Season to taste.
- Divide sweet soy chicken, sesame kumara fries and ponzu slaw between plates. Serve with **mayonnaise**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW25



CUSTOM OPTIONS



DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN THIGH

Flavour chicken thigh as above. Cook, turning occasionally, until browned and cooked through, 10-14 minutes.

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

