

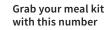
Sweet Soy Chicken & Ponzu Slaw

with Sesame Kumara Fries & Mayo

NEW

KID FRIENDLY

CLIMATE SUPERSTAR









Mixed Sesame





Chicken Breast





Sweet Chilli

Sauce

Seasoning



Shredded Cabbage



Ponzu Sauce



Mayonnaise

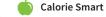


Chicken Breast



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

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-crusted kumara fries and a crunchy, zingy slaw act as the perfect side-kicks to this superstar dish.



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

9			
	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.



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.



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.



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.



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!



