



Honey Soy-Glazed Chicken

with Asian Slaw & Sesame Fries

Grab your Meal Kit
with this symbol



Potato



Mixed Sesame
Seeds



Garlic



Spring Onion



Chicken Thigh




Garlic Aioli



Slaw Mix

 Hands-on: **30-40** mins
Ready in: **30-40** mins

 Eat me early

We love chicken thighs as they're full of flavour and stay tender and juicy during cooking. Here, this versatile cut gets a sticky honey-soy coating that caramelises in the pan. Served next to your new favourite side dish – golden sesame fries – this meal will keep you coming back for more!

Pantry items

Olive Oil, Soy Sauce, Honey, Vinegar
(White Wine Or Rice Wine)

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

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 | ½ sachet | 1 sachet |
| garlic | 2 cloves | 4 cloves |
| spring onion | 2 stems | 4 stems |
| soy sauce* | 2 tbs | ¼ cup |
| honey* | 1 tbs | 2 tbs |
| vinegar* (white wine or rice wine) | 2 tsp | 4 tsp |
| chicken thigh | 1 packet | 1 packet |
| garlic aioli | 1 packet (50g) | 1 packet (100g) |
| slaw mix | 1 bag (200g) | 1 bag (400g) |

*Pantry Items

Nutrition

| | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2350kJ (561Cal) | 423kJ (101Cal) |
| Protein (g) | 38.0g | 6.8g |
| Fat, total (g) | 23.5g | 4.2g |
| - saturated (g) | 3.8g | 0.7g |
| Carbohydrate (g) | 46.1g | 8.3g |
| - sugars (g) | 16.5g | 3.0g |
| Sodium (mg) | 1200mg | 216mg |

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.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 sesame fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Place the **fries** and **mixed sesame seeds** (see **ingredients list**) on an oven tray lined with baking paper. Season with **salt** and **drizzle** with **olive oil**. Toss to coat, then bake until tender, **20-25 minutes**.

TIP: Cut the potato to size so it cooks in time!



2. Get prepped

While the fries are baking, finely chop the **garlic**. Thinly slice the **spring onion**.



3. Flavour the chicken

In a medium bowl, combine the **garlic**, **soy sauce**, **honey** and **1/2** the **vinegar**. Add the **chicken thigh** and toss to coat. In a large bowl, combine the **garlic aioli** with the **remaining vinegar**. Set aside.



4. Cook the chicken

In a large frying pan, heat a **drizzle** of **olive oil** over a medium heat. Using tongs, pick up the **chicken** and let the excess marinade drip back into the bowl. Cook the **chicken**, turning often, until browned and cooked through, **10-14 minutes**. In the last **5 minutes** of cook time, add the **remaining marinade** and simmer until reduced slightly.

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



5. Dress the salad

Add the **slaw mix** and **spring onion** to the **aioli** dressing. Season with **salt** and **pepper** and toss well to combine.



6. Serve up

Divide the honey soy-glazed chicken between plates and spoon over any remaining glaze from the pan. Serve with the sesame fries and Asian slaw.

Enjoy!