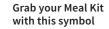
# Sweet-Soy Crumbed Chicken with Asian Slaw & Sesame Wedges





















Panko Breadcrumbs

Mayonnaise



Sweet Soy



Seasoning



Chicken Breast Strips



Yuzu Vinaigrette

Slaw Mix

#### **Pantry items**

Olive Oil, Sesame Oil, Soy Sauce, Plain Flour, Egg

Prep in: 25-35 mins Ready in: 35-45 mins



This is a shining bowl of golden flavour. The chicken strips crumbed in a sweet-soy panko are worth their weight in glowing praise. You are sure to receive plenty when you plate these up with crisp potato wedges peppered with sesame seeds and a colourful slaw.

#### 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

9		
	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
mixed sesame seeds	1 sachet	1 sachet
radish	1	2
celery	1 stalk	2 stalks
mayonnaise	1 medium packet	1 large packet
sesame oil*	1 tsp	2 tsp
soy sauce*	½ tsp	1 tsp
plain flour*	1 tbs	2 tbs
egg*	1	2
panko breadcrumbs	1 packet	1 packet
sweet soy seasoning	1 sachet	2 sachets
chicken breast strips	1 packet	1 packet
slaw mix	1 bag (150g)	1 bag (300g)
yuzu vinaigrette	1 medium packet	1 large packet

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3378kJ (807Cal)	480kJ (115Cal)
Protein (g)	46.6g	6.6g
Fat, total (g)	31.7g	4.5g
- saturated (g)	5.9g	0.8g
Carbohydrate (g)	88.9g	12.6g
- sugars (g)	28.6g	4.1g
Sodium (mg)	1478mg	210mg

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 wedges

- Preheat oven to 240°C/220°C fan forced.
- Cut **potato** into wedges.
- Place potato on a lined oven tray. Add mixed sesame seeds, a drizzle of olive oil and a pinch of salt and pepper. Toss to coat, spread out evenly, then bake until tender, 25-30 minutes.

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



# Get prepped

- Meanwhile, thinly slice radish. Finely chop celery.
- In a small bowl, combine mayonnaise, the sesame oil and soy sauce. Set aside.



#### Crumb the chicken

- In a shallow bowl, combine the plain flour and a generous pinch of salt.
- In a second shallow bowl, whisk the egg.
- In a third shallow bowl, combine panko breadcrumbs and sweet-soy seasoning.
- Coat chicken breast strips in the flour mixture, followed by the egg and finally the panko breadcrumbs. Transfer to a plate.



# Cook the chicken

- When the wedges have 10 minutes remaining, heat a large frying pan over medium-high heat with enough olive oil to coat base of the pan.
- When oil is hot, cook crumbed chicken in batches until golden and cooked through,
  3-4 minutes each side.
- Transfer to a paper towel-lined plate.



## Make the slaw

- Meanwhile, combine radish, celery and slaw mix in a medium bowl.
- Add yuzu vinaigrette, season to taste and toss to coat.



### Serve up

- Divide sesame wedges, Asian slaw and sweet-soy crumbed chicken between plates.
- · Serve with sesame mayo. Enjoy!

