

Sweet-Soy Crumbed Chicken

with Asian Slaw & Sesame Wedges

Grab your Meal Kit with this symbol



Potato



Radish



Mayonnaise



Sweet Soy Seasoning



Chicken Breast Strips



Mixed Sesame Seeds



Celery



Panko Breadcrumbs



Yuzu Vinaigrette



Slaw Mix

Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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

Eat Me Early

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.

Pantry items

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

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	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

*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.

1



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!

2



Get prepped

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

3



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.

4



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.

5



Make the slaw

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

6



Serve up

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

We're here to help!

Scan here if you have any questions or concerns



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