





Honey-Soy Chicken & Toasted Sesame Sauce

with Sweet Potato Fries & Asian Salad

Grab your Meal Kit with this symbol



-  Sweet Potato
-  Sesame Seeds
-  Garlic
-  Chicken Thigh
-  Mayonnaise
-  Sesame Oil Blend
-  Cucumber
-  Carrot
-  Snow Peas
-  Mixed Salad Leaves
-  Japanese Dressing
-  Crispy Shallots

 Hands-on: **30 mins**
 Ready in: **35 mins**
 Eat me early

Who doesn't love the classic combo of honey and soy? We teamed this signature mix with succulent chicken, baked sweet potato fries and a refreshing Asian salad for a meal that you won't be able to resist!

Pantry items

Olive Oil, Honey, Soy Sauce, Sugar, Rice Wine Vinegar

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

Two oven trays lined with baking paper
Large frying pan

Ingredients

	4 People
olive oil*	refer to method
sweet potato	4
sesame seeds	2 sachets
garlic	3 cloves
honey*	2 tsp
soy sauce*	3½ tbs
chicken thigh	1 packet
mayonnaise	1 sachet (100g)
sugar*	2 tsp
sesame oil blend	1 tub (15g)
rice wine vinegar*	2 tsp
cucumber	1
carrot	1
snow peas	1 bag (100g)
mixed salad leaves	1 packet (60g)
Japanese dressing	1 tub
crispy shallots	1 packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2650kJ (634Cal)	485kJ (116Cal)
Protein (g)	39.9g	7.3g
Fat, total (g)	33.5g	6.1g
- saturated (g)	5.6g	1.0g
Carbohydrate (g)	39.9g	7.3g
- sugars (g)	20.7g	3.8g
Sodium (g)	878mg	160mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Bake the sweet potato fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm fries. Place the **sweet potato** across two oven trays lined with baking paper. **Drizzle** with **olive oil**, season with a **pinch** of **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.

TIP: Cut the sweet potato to the correct size so it cooks in the allocated time.



4. Make the sesame sauce

While the chicken is cooking, in a medium bowl, combine the **mayonnaise**, **sugar**, **sesame oil blend**, **rice wine vinegar**, toasted **sesame seeds** and **1/2 tbs soy sauce**.



2. Marinate the chicken

While the fries are baking, heat a large frying pan over a medium-high heat. Add the **sesame seeds** and toast, tossing, until browned, **2-3 minutes**. Transfer to a small bowl and set aside. Finely chop the **garlic** (or use a garlic press). In a medium bowl, combine the **garlic**, **honey** and **3 tbs soy sauce**. Add the **chicken thigh** and toss to coat.



5. Make the salad

Thinly slice the **cucumber** into half-moons. Grate the **carrot** (unpeeled). Trim the **snow peas** and thinly slice into matchsticks. In a large bowl, combine the **cucumber**, **carrot**, **snow peas** and **mixed salad leaves**. Just before serving, add the **Japanese dressing** and toss to coat.



3. Cook the chicken

Return the frying pan to a medium heat with a **drizzle** of **olive oil**. Using tongs, pick up the **chicken** and let the excess marinade drip back into the bowl. Add the **chicken** to the hot pan and cook, turning often, until browned and cooked through, **10-14 minutes**. In the final **5 minutes** of cook time, increase the heat to medium-high and add the remaining marinade and cook until reduced slightly.

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



6. Serve up

Thickly slice the chicken. Divide the sweet potato fries, Asian salad and the honey-soy chicken between plates. Garnish with the **crispy shallots**. Serve with the toasted sesame sauce.

Enjoy!