



# HONEY SOY-GLAZED CHICKEN

with Asian Slaw & Sesame Fries



Glaze chicken with honey soy



Potato



Mixed Sesame Seeds



Spring Onion



Garlic



Lime



Chicken Thigh



Garlic Aioli



Slaw Mix

Hands-on: 30 mins  
Ready in: 30 mins

Naturally gluten-free  
*Not suitable for Coeliacs*

Eat me early

Low calorie

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 Staples:** Olive Oil, Soy Sauce (or Gluten-Free Tamari Soy Sauce), Honey, Vinegar (White Wine Or Rice Wine)



# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **medium frying pan**



## 1 COOK THE SESAME FRIES

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potatoes** (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 **pepper** and **drizzle** with **olive oil**. Toss to coat then bake until tender, **25-30 minutes**.

**TIP:** Cut the potatoes to the correct size so they cook in the allocated time.



## 2 GET PREPPED

While the fries are baking, thinly slice the **spring onion**. Finely chop the **garlic** (or use a garlic press). Zest the **lime** to get a **good pinch**, then slice into wedges. Slice the **chicken thigh** into 1cm strips. In a medium bowl, combine the garlic, lime zest, **soy sauce**, **honey** and **vinegar**.



## 3 FLAVOUR THE CHICKEN

In a second medium bowl, combine the **chicken** with **1/2** the **honey-soy marinade** and toss to coat.



## 4 COOK THE CHICKEN

When the fries have **5 minutes** of cook time remaining, heat a **drizzle** of **olive oil** in a medium frying pan over a high heat. When the oil is hot, add the **chicken** to the pan and cook, tossing, until browned, **3-4 minutes**. Add the **remaining marinade** and simmer, stirring, until reduced slightly, **1-2 minutes**.

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



## 5 DRESS THE SLAW

In a large bowl, combine the **garlic aioli** with a **good squeeze** of **lime juice** and a **pinch** of **salt** and **pepper**. Add the **slaw mix** and **spring onion** (reserve some for garnish) and toss well to combine. **TIP:** For the low-calorie option, only use **1/2** the garlic aioli and add a drizzle of olive oil.



## 6 SERVE UP

Divide the honey soy-glazed chicken between plates and spoon over the remaining glaze from the pan. Serve with the sesame fries, Asian slaw and any remaining lime wedges. Garnish with the reserved spring onion.

**ENJOY!**

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
mixed sesame seeds	½ sachet	1 sachet
spring onion	1 bunch	1 bunch
garlic	2 cloves	4 cloves
lime	½	1
chicken thigh	1 packet	1 packet
soy sauce* (or gluten-free tamari soy sauce)	2 tbs	4 tbs
honey*	1 tbs	2 tbs
vinegar* (white wine or rice wine)	2 tsp	1 tbs
garlic aioli	1 tub (50 g)	1 tub (100 g)
slaw mix	1 bag (200 g)	1 bag (400 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2250kJ (538Cal)	415kJ (99Cal)
Protein (g)	41.6g	7.7g
Fat, total (g)	21.8g	4.0g
- saturated (g)	4.8g	0.9g
Carbohydrate (g)	39.7g	7.3g
- sugars (g)	13.5g	2.5g
Sodium (g)	1100mg	203mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://HelloFresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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