



Honey-Soy Glazed Chicken & Fries

with Japanese Salad

Grab your Meal Kit with this symbol



Potato



Garlic



Chicken Thigh



Tomato



Coriander



Mixed Salad Leaves



Japanese Dressing



Garlic Aioli



Crispy Shallots

Hands-on: **25-35** mins
Ready in: **35-45** 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 – crisp Japanese salad – this meal will keep you coming back for more!

Pantry items

Olive Oil, Soy Sauce, Honey, Rice Wine Vinegar (or White 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
potato	4
garlic	4 cloves
soy sauce*	½ cup
honey*	2 tbs
rice wine vinegar* (or white wine vinegar)	1 tbs
chicken thigh	1 packet
tomato	2
coriander	1 bag
mixed salad leaves	1 bag (120g)
Japanese dressing	2 tubs (60g)
garlic aioli	1 packet (100g)
crispy shallots	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2800kJ (668Cal)	492kJ (118Cal)
Protein (g)	40.5g	7.1g
Fat, total (g)	35.7g	6.3g
- saturated (g)	6.2g	1.1g
Carbohydrate (g)	43.5g	7.7g
- sugars (g)	15.2g	2.7g
Sodium (g)	1710mg	300mg

Allergens

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



1. Bake the fries

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Divide the fries between two oven trays lined with baking paper. Season with **salt** and **pepper** and **drizzle** with **olive oil**. Toss to coat, then bake until tender, **20-25 minutes**.

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



2. Flavour the chicken

While the fries are baking, finely chop the **garlic** (or use a garlic press). In a medium bowl, combine the **garlic**, **soy sauce**, **honey** and **rice wine vinegar**. Add the **chicken thigh** to the bowl and toss to coat.



3. Get prepped

Roughly chop the **tomatoes**. Roughly chop the **coriander**.



4. Cook the chicken

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

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



5. Make the salad

In a second medium bowl, combine the **mixed salad leaves**, **tomato** and **1/2** the **coriander**. Just before serving, add the **Japanese dressing** and toss to coat.

TIP: Toss the salad just before serving to keep the leaves crisp.



6. Serve up

Thickly slice the honey-soy glazed chicken. Divide the chicken between plates, spoon over any remaining glaze from the pan and sprinkle with the remaining coriander. Serve the fries, Japanese salad and **garlic aioli**. Garnish with the **crispy shallots**.

Enjoy!