



Honey-Soy Glazed Chicken & Sesame Fries

with Japanese Snow Pea Salad

Grab your Meal Kit
with this symbol



Potato



Mixed Sesame
Seeds



Garlic



Chicken Thigh



Snow Peas



Spring Onion



Mixed Salad
Leaves



Japanese Dressing



Garlic Aioli



Crispy Shallots



Hands-on: **20-30 mins**
Ready in: **30-40 mins**



Eat me early

This magical meal is made in a flash but tastes like hours of effort went into it. The classic combination of honey and soy speaks for itself, while Japanese dressing on a crisp salad and sesame fries add an extra twist.

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
mixed sesame seeds	1 sachet	2 sachets
garlic	2 cloves	4 cloves
soy sauce*	2 tbs	½ cup
honey*	1 tbs	2 tbs
rice wine vinegar* (or white wine vinegar)	2 tsp	1 tbs
chicken thigh	1 small packet	1 large packet
snow peas	1 bag (100g)	1 bag (200g)
spring onion	2 stems	4 stems
mixed salad leaves	1 bag (60g)	1 bag (120g)
Japanese dressing	1 tub	2 tubs
garlic aioli	1 packet (50g)	1 packet (100g)
crispy shallots	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3180kJ (760Cal)	565kJ (135Cal)
Protein (g)	42.8g	7.6g
Fat, total (g)	44.3g	7.9g
- saturated (g)	7.3g	1.3g
Carbohydrate (g)	44.7g	7.9g
- sugars (g)	16.1g	2.9g
Sodium (mg)	1296mg	230mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Bake the sesame fries

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Place the fries and **mixed sesame seeds** on an oven tray lined with baking paper. Season with **salt** and drizzle with **olive oil**. Toss to coat, then spread out in a single layer and bake until tender, **25-30 minutes**.

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

TIP: If the fries don't fit in a single layer, divide them between two trays!



Flavour the chicken

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



Get prepped

Trim the **snow peas**, then thinly slice lengthways. Thinly slice the **spring onion**.



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. Cook the **chicken**, turning often, until browned and cooked through, **10-14 minutes**. In the final **5 minutes** of cook time, add the remaining marinade and simmer until reduced slightly.

TIP: The marinade will darken and caramelise, this adds to the flavour!



Make the salad

In a medium bowl, combine the **mixed salad leaves**, **snow peas** and 1/2 the **spring onion**. Add the **Japanese dressing** and toss to coat.



Serve up

Slice the honey-soy glazed chicken. Divide the chicken between plates, spoon over any glaze remaining in the pan and sprinkle with the remaining spring onion. Serve the sesame fries, Japanese snow pea salad and **garlic aioli** on the side. Garnish with the **crispy shallots**.

Enjoy!