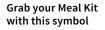


# Southeast Asian Spiced Chicken

with Salad & Coconut Dressing









**Sweet Potato** 





Southeast Asian Spice Blend

Chicken Breast





Leaves







Coconut Milk





Lemon

Cucumber



Mixed Salad Leaves



**Crushed Peanuts** 

Hands-on: 35-45 mins Ready in: 35-45 mins

Eat me early

This heavenly chicken with coconut dressing will allow you to recreate an idyllic, balmy evening in the heart of Southeast Asia. We've used aromatic makrut lime leaves to conjure up a perfectly fragrant dish - you'll be transported from your kitchen to the tropics with their zesty flavour and fresh aroma.

#### **Pantry items**

Olive Oil, Flour, Soy Sauce, Brown Sugar

## 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

ingi calcino			
	2 People	4 People	
olive oil*	refer to method	refer to method	
sweet potato	2	4	
sesame seeds	1 sachet	2 sachets	
Southeast Asian spice blend	1 sachet	2 sachets	
chicken breast	1 small packet	1 large packet	
flour*	½ tbs	1 tbs	
makrut lime leaves	2 leaves	4 leaves	
garlic	1 clove	2 cloves	
coconut milk	1 tin (165ml)	1 tin (400ml)	
soy sauce*	½ tbs	1 tbs	
brown sugar*	½ tbs	1 tbs	
tomato	1	2	
cucumber	1	2	
lemon	1/2	1	
mixed salad leaves	<b>1 bag</b> (30g)	1 bag (60g)	
crushed peanuts	1 packet	2 packets	

<sup>\*</sup>Pantry Items

#### **Nutrition**

	Per Serving	Per 100g
Energy (kJ)	3099kJ (740Cal)	463kJ (110Cal)
Protein (g)	45g	6.7g
Fat, total (g)	39.7g	5.9g
- saturated (g)	14.9g	2.2g
Carbohydrate (g)	41.7g	6.2g
- sugars (g)	20.1g	3g
Sodium (mg)	628mg	94mg

# **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.



# Roast the sweet potato

Preheat the oven to 220°C/200°C fan-forced. Cut the sweet potato (unpeeled) into 1cm chunks. Place the sweet potato and sesame seeds on an oven tray lined with baking paper, drizzle with olive oil and season with salt and pepper. Roast until tender, 20-25 minutes.

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



# Prep the chicken & dressing

While the sweet potato is roasting, combine the plain flour and 1/2 the Southeast Asian spice blend in a bowl. Add a drizzle of olive oil, then season with salt and pepper. Add the chicken breast and toss to coat. De-stem and very finely slice the makrut lime leaves. Finely chop the garlic.



#### Cook the chicken

Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook the **chicken** until browned, **2 minutes** each side. Transfer to a second oven tray lined with baking paper and bake until cooked through, **6-10 minutes** (depending on thickness). Set aside to rest.



# Make the dressing

Return the frying pan to a medium heat with a drizzle of olive oil (no need to wash out the pan!). Add the garlic, lime leaves and remaining Southeast Asian spice blend and cook until fragrant, 1 minute. Add the coconut milk, soy sauce and brown sugar. Bring to the boil and stir to combine. Simmer until thickened slightly, 3-4 minutes. Remove from the heat.

**TIP:** Add any chicken resting juices to the sauce for extra flavour!



## Make the salad

Roughly chop the **tomato**. Thinly slice the **cucumber** into half-moons. Slice the **lemon** into wedges. In a medium bowl, combine the **tomato**, **cucumber** and **mixed salad leaves**. Just before serving, drizzle with a little **olive oil** and a squeeze of **lemon juice** and toss to coat.



## Serve up

Slice the chicken. Divide the salad, sesame sweet potato and chicken between plates. Drizzle with the coconut dressing. Garnish the salad with the **crushed peanuts**. Serve with the remaining lemon wedges.

# Enjoy!