HELLO FRESH

Southeast Asian Spiced Chicken
with Salad & Coconut Dressing

Sweet Potato

Sesame Seeds

Southeast Asian Spice Blend

Chicken Breast

Makrut Lime Leaves

Garlic

Coconut Milk

Tomato

Cucumber

Lemon

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

A

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

	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	½	1
mixed salad leaves	1 bag (30g)	1 bag (60g)
crushed peanuts	1 packet	2 packets

*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.

If you have any questions or concerns, please visit
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1

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.*

2

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**.

3

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.

4

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!*

5

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.

6

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!