



Southeast Asian Chicken Salad

with Sesame Sweet Potato, Coconut Dressing & Peanuts

Grab your Meal Kit with this symbol



Sweet Potato



Sesame Seeds



Southeast Asian Spice Blend



Garlic



Coconut Milk



Cherry/Snacking Tomatoes



Salad Leaves



Crushed Peanuts



Ginger Lemongrass Paste



Chicken Breast



Chicken Breast

Prep in: **35-45 mins**
Ready in: **35-45 mins**

Eat Me Early

Naturally Gluten-Free
Not suitable for coeliacs

Bursting with creamy coconut, zesty ginger and lemongrass, and fragrant sesame, this succulent chicken dish will transport you from your kitchen to the tropics.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Plain Flour (or Gluten-Free Plain Flour), Soy Sauce (or Gluten-Free Tamari Soy Sauce), Brown Sugar, 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

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
sesame seeds	1 medium packet	1 large packet
plain flour* (or gluten-free plain flour)	½ tbs	1 tbs
Southeast Asian spice blend	1 medium sachet	1 large sachet
chicken breast	1 small packet	1 large packet
garlic	1 clove	2 cloves
ginger lemongrass paste	1 packet	2 packets
coconut milk	1 medium tin	1 large tin
soy sauce* (or gluten free tamari soy sauce)	½ tbs	1 tbs
brown sugar*	½ tbs	1 tbs
cherry/snacking tomatoes	1 punnet	2 punnets
salad leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
crushed peanuts	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2864kJ (685Cal)	468kJ (112Cal)
Protein (g)	43.5g	7.1g
Fat, total (g)	36.5g	6g
- saturated (g)	16.4g	2.7g
Carbohydrate (g)	44.6g	7.3g
- sugars (g)	16.9g	2.8g
Sodium (mg)	817mg	133mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3622kJ (866Cal)	466kJ (111Cal)
Protein (g)	77.3g	9.9g
Fat, total (g)	41.4g	5.3g
- saturated (g)	17.9g	2.3g
Carbohydrate (g)	45g	5.8g
- sugars (g)	17.3g	2.2g
Sodium (mg)	902mg	116mg

The quantities provided above are averages only.

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.

We're here to help!

Scan here if you have any questions or concerns



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1 Roast the sweet potato

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into bite-sized chunks.
- Place **sweet potato** and **sesame seeds** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the sweet potato between two trays.



4 Make the dressing

- Wipe out frying pan, then return to medium heat with a drizzle of **olive oil**. Cook **garlic**, **ginger lemongrass paste** and remaining **Southeast Asian spice blend**, stirring, until fragrant, **1 minute**.
- Add **coconut milk**, the **soy sauce** and the **brown sugar**. Bring to the boil, then stir to combine.
- Simmer until well combined and thickened slightly, **2-4 minutes**. Remove from heat.

TIP: For extra flavour, add any chicken resting juices to the sauce!



2 Get prepped

- Meanwhile, combine the **plain flour**, 1/2 the **Southeast Asian spice blend** and a drizzle of **olive oil** in a medium bowl. Season, then add **chicken breast**, turning to coat. Set aside.
- Finely chop **garlic**.



5 Make the salad

- Meanwhile, halve **cherry tomatoes**.
- Place **cherry tomatoes** and **salad leaves** in a second medium bowl.
- Drizzle with **olive oil** and **white wine vinegar**. Season, then toss to coat.



3 Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** until browned, **2 minutes** each side.
- Transfer seared **chicken** to a second lined oven tray. Bake until cooked through, **8-12 minutes** (depending on thickness).
- Remove from oven, then set aside to rest.

TIP: Chicken is cooked through when it's no longer pink inside.

Custom Recipe: If you've doubled your chicken breast, cook the chicken in batches for best results. Spread the chicken over two lined oven trays if your tray is getting crowded.



6 Serve up

- Slice Southeast-Asian spiced chicken.
- Divide salad and sesame sweet potato between plates. Top with chicken.
- Drizzle over coconut dressing. Garnish with **crushed peanuts** to serve. Enjoy!

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