



# Honey-Soy Chicken & Toasted Sesame Sauce

with Kumara Fries & Pear Salad

Grab your Meal Kit with this symbol



Kumara



Sesame Seeds



Garlic



Chicken Thigh



Mayonnaise



Sesame Oil Blend



Cucumber



Carrot



Pear



Mixed Salad Leaves



Japanese Dressing

Hands-on: **30-35 mins**  
Ready in: **35-45 mins**

Eat me early

Who doesn't love the classic combo of honey and soy? We teamed this signature mix with succulent chicken, baked kumara fries and a refreshing Asian-style pear salad for a meal that you won't be able to resist!

### Pantry items

Olive Oil, Honey, Soy Sauce, Sugar, Rice 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
kumara	2 (medium)	2 (large)
sesame seeds	1 sachet	1 sachet
garlic	2 cloves	4 cloves
honey*	4 tsp	2½ tbs
soy sauce* (for the chicken)	2½ tbs	½ cup
chicken thigh	1 packet	1 packet
mayonnaise	1 packet (40g)	1 packet (100g)
sugar*	1 tsp	2 tsp
sesame oil blend	½ packet (7.5g)	1 packet (15g)
rice wine vinegar*	1 tsp	2 tsp
soy sauce* (for the sauce)	1 tsp	2 tsp
cucumber	1 (medium)	1 (large)
carrot	½	1
pear	1	2
mixed salad leaves	1 bag (30g)	1 bag (60g)
Japanese dressing	½ packet (15ml)	1 packet (30ml)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2670kJ (637Cal)	410kJ (98Cal)
Protein (g)	37.2g	5.7g
Fat, total (g)	28.4g	4.4g
- saturated (g)	4.2g	0.7g
Carbohydrate (g)	53.1g	8.2g
- sugars (g)	35.4g	5.4g
Sodium (mg)	1380mg	212mg

## Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Bake the kumara fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **kumara** (unpeeled) into 1cm fries. Place on an oven tray lined with baking paper. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **20-25 minutes**.

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



## Make the sesame sauce

While the chicken is cooking, combine the **mayonnaise**, **sugar**, **sesame oil blend** (see ingredients), **rice wine vinegar**, toasted **sesame seeds** and **soy sauce (for the sauce)** in a second medium bowl.



## Marinate the chicken

While the fries are baking, heat a large frying pan over a medium-high heat. Add the **sesame seeds** and toast, tossing, until browned, **2-3 minutes**. Transfer to a small bowl. Finely chop the **garlic**. In a medium bowl, combine the **garlic**, **honey** and **soy sauce (for the chicken)** and mix well. Add the **chicken thigh** and toss to coat.



## Make the salad

Thinly slice the **cucumber** into half-moons. Grate the **carrot** (see ingredients), unpeeled. Thinly slice the **pear**. In a large bowl, add the **cucumber**, **carrot**, **pear** and **mixed salad leaves**. Add the **Japanese dressing** (see ingredients) and toss to coat.



## Cook the chicken

Return the frying pan to a medium heat with a drizzle of **olive oil**. Using tongs, pick up the **chicken** and let the excess marinade drip back into the bowl. Add the **chicken** to the hot pan and cook, turning, until browned and cooked through, **10-14 minutes**. In the last **5 minutes** of cook time, increase the heat to medium-high, then add the remaining **marinade** and cook until reduced slightly.

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



## Serve up

Slice the chicken. Divide the kumara fries, pear salad and honey soy chicken between plates. Serve with the toasted sesame sauce.

Enjoy!